

ONLY ONE

Dedicated with eternal love to the eternal Nameless One Who is the Only One Here, Now.

All Praise to the One and Only Who is eternal Oneness Perfection and Grace, the infinite Self! Praise to the One Who is the absolute Bliss of Peace and Love! Praise to the One Who is transcendent Freedom! All Praise to the One limitless Majesty Who alone ever Is!

**By the limitless Grace of Sri Ramana Maharshi *Only One* came to be,
and the author is humbled and eternally grateful for this blessing.**

The power of *Only One* is revelation to be read and received with an open heart.

May we all reorient from desire and seeking to love and Oneness.

And heartfelt thanks to the author's Father and Fayre and Robert for their support of *Only One*.

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Oneness Truth—the eternal One Reality that is the infinite Self—is ever transcendent of the ego mind and alone direct Experience in absolute Silence.

Like the musk deer that carries the musk fragrance within itself but not knowing this searches for it far and wide, we are That which we ultimately desire and search for. We are the One Source and the Bliss Peace Love Freedom we long for: to Experience this Truth one must simply Be Here in the eternal Now that is Oneness Silence transcendent of the ego mind.

The Truth *only the eternal One infinite is real and all else is illusion* can never be grasped or comprehended for the simple reason that Reality is transcendent of the mind. It is only when the mind is still and silent or finally annihilated that illusion vanishes and Reality Shines, unveiled. Words at most can only be pointers, for Truth alone is in Silence.

The One Reality is Oneness that Knows only Oneness—the One and Only is absolute Oneness Existence in the eternal Here and Now of limitless Silence.

Everything that seems to be or exist is an illusion and a zero and nothing that is no thing. All things are an illusion and have no existence except in illusion that has no real existence. All things are a mirage that vanishes into the nothing and no thing that it is. Perception of *water* in a mirage is a hallucination that is illusory experience that is but an illusory trick of illusion. Everything is illusory like a fleeting dream dreamt by a phantom dreamer and is a zero and nothing that is no thing. Illusion is ever nonexistence, while Reality is ever Oneness Existence Here in the eternal Now.

Maya—the Power and Manifestation of the One—is the Master Illusionist that creates illusion and makes illusion seem real via the illusory ego mind. Maya and the ego mind are coexistent and appear and disappear as one in Oneness Reality. Maya mind is an illusory superimposition.

The conceived ego-I and body world cosmos are all in the mind as thought, and the mind and its creations and projections—the ego body world cosmos—are all illusion, like a dream or magic trick that seems real.

Life and living is experience and all experience is conceptual. The mind is a continuous movement of thought in the continuum of Consciousness, where everything is an object to a subject-I, where differentiation creates and validates personal identity, where separation is a fundamental condition of life that in turn creates and perpetuates desire and fear. Life and living and experience are ever changing and ever contracted in a shroud of separation and limitation.

Everything that seems to be or exist is an object and all objects are finite limited and changing, while Consciousness is formless limitless and unchanging Oneness. All objects are illusory mental creations and projections based on the subject-object dichotomy of *I-me-mine and the other*, while the One Reality Shines as Self Aware Existence—absolute

Consciousness. Consciousness is our unchanging One Self, and all that appears and disappears, all that changes, is a fleeting impression—an illusory superimposition.

The One is the transcendent Unknown and thus incomprehensible, so some say that the One is a mystery, but this is wrong as the One is our very Self, to be Realized as absolute Oneness Experience transcendent of the ego body mind world cosmos and all ignorance and illusion.

Only One alone ever Is.

Oneness is One indivisible Whole that is inconceivable and beyond words.

The One and Only is ever Here and Now.

One/Oneness = Power = Absolute = Reality = Self = I AM

One/Oneness = Existence Awareness Bliss

Existence = Being = Presence

Awareness = Consciousness = Knowledge/Knowing = Intelligence = Light

Bliss = Peace = Love = Freedom

*One Oneness Power Absolute Reality Self I AM Existence Being Presence
Awareness Consciousness Knowledge Knowing Intelligence Light Bliss
Peace Love Freedom Here Now are all One and the same.*

Oneness is the stateless State of the One, and not a union or unity.

Numeral one (1) is single and undivided and only divisible by itself.

One is whole. One is nondual (not two). One is the source and origin and root. One is primacy. One is independent. One is the first and preeminent numeral unit that is nonzero. One is the identity for multiplication. One is empty, when multiplied. One is the basis for all, yet transcendent. One is the Alpha and the Omega. One is absolute.

There is only One. The One alone Is. The One is the One and Only. The Oneness of the One is so infinitely One and absolute that the concept *One* fails to denote It. The One is absolute Oneness Experience.

The One is Self-existent Self-evident Self-luminous Oneness Perfection. Oneness Knows only Oneness. The One Absolute is limitless in the eternal Here and Now of Oneness*.

**Oneness is the stateless State of the One, and not a union or unity.*

The One is formless immutable and indivisible.

The One Absolute is limitless Oneness in eternal Silence.

Oneness alone is Realized in absolute Silence.

Oneness can no more be described than deep sleep can—here, words fail and can only turn into Silence. The One is inconceivable and unfathomable.

Oneness is our eternal Nature and real Identity.

The One has no source—It is the Source.

The One simply Is. The One is pure Is-ness. The One is absolute Existence. The One is limitless Being that is Self Aware Oneness. The One alone ever Is Here in the eternal Now of Being.

In the boundless Ocean of Being there is only One.

Being is the limitless Heart of Existence.

Being is absolute Bliss.

Being is ever purposeless and Free.

Being is our eternal Nature and real Identity.

Being has no source—It is the Source.

The One is formless. The One is transcendent of form and formulation. The One is the anonymous Nameless. The One is the Unborn and Uncreated. The One is ever the Unknown.

The formless Nameless One is ever transcendent of the ego mind, ever the inconceivable Unknown.

Formless Oneness is limitless, without a beginning or end.

Formless Oneness is our eternal Nature and real Identity.

Formless Oneness has no source—It is the Source.

The One is Existence Awareness Bliss. There is no Awareness without Existence and no Existence without Awareness—Existence and Awareness are One. That which ever Is is Bliss. Existence Awareness Bliss is the One Absolute that is the Reality and Self. Existence Awareness Bliss is the Source Substratum Substance of everything and all that seems to be or exist. Existence Awareness Bliss* ever Is Here in the eternal Now of absolute Silence.

**Satchitananda is a Sanskrit word meaning Existence Awareness Bliss.*

Existence Awareness Bliss is One indivisible Whole that is limitless.

Existence Awareness Bliss is our eternal Nature and real Identity.

Existence Awareness Bliss has no source—It is the Source.

The One is Reality. The infinite eternal Reality is Self-existent Self-evident Self-luminous Oneness. The One Reality is ever unchanging and absolute. The One Reality is the Source Substratum Substance of everything and all that seems to be or exist. The One Reality ever Is Here in the eternal Now of absolute Silence.

Reality is Oneness Perfection ever transcendent of everything and all that seems to be or exist.

Reality is absolute Consciousness.

The still and silent mind is Oneness Reality Experience.

Reality Experience is Self Knowledge, and a coming Home.

Reality is our eternal Nature and real Identity.

Reality has no source—It is the Source.

The One is the Self. The One is the infinite eternal ‘I’ that is the Self. The One Self is the immortal Unborn. The Self is Self-existent Self-evident Self-luminous Oneness. The One Self is Existence Awareness Bliss—the Reality. The One Self ever Is Here in the eternal Now of absolute Silence.

The Self is Oneness Perfection.

The Self is absolute Consciousness.

The Self is egoless and ever transcendent of the mind.

The Self ever Is and never becomes.

The Self is ever Here and Now and never attained.

The Self is Oneness Experience where Self Knows only Self.

Self Knowledge is Reality Experience.

The aim and culmination of Creation is Self Realization that is Liberation from all ignorance and illusion.

Self Realization is a coming Home.

The Self is our eternal Nature and real Identity.

The Self has no source—It is the Source.

The One is Consciousness. The One is the boundless *Ocean* of Consciousness that is the Source Substratum Substance of everything and all that seems to be or exist. The One is the Omnipotent Omniscient Omnipresent *Screen* of Consciousness onto which the illusory ego mind and infinitude is projected and a superimposition. Consciousness is the limitless One Light of Intelligence. Consciousness* ever Is Here in the eternal Now of absolute Silence.

**Consciousness Awareness Knowledge Knowing Intelligence and Light are all One and the same.*

Consciousness is Self-existent Self-evident Self-luminous Oneness.

Consciousness is the One Reality and Self.

Consciousness is absolute Oneness Experience.

Consciousness is the one constant and continuity in all experience but has no experiences.

Consciousness is One absolute Existence that is limitless Awareness.

Consciousness Knows only Consciousness—Self Knows only Self.

Consciousness is the underlying One Reality—the One Light that makes everything and all that seems to be or exist evident and possible.

Consciousness is the continuum in which everything and all that seems to be or exist appears and disappears.

Consciousness without an object is absolute Consciousness.

Consciousness is ever unmoving Oneness transcendent of the ego body mind world cosmos.

Consciousness is formless immutable and indivisible. Consciousness has no grades levels or planes, nor are there various sorts of Consciousness—such alone are illusory creations of the ego mind projected onto Consciousness. The ego mind based on dual subject-object relativity is the Veil of illusion and a superimposition on Consciousness.

Consciousness is our eternal Nature and real Identity.

Consciousness has no source—It is the Source.

The One is Light. The One is the Light of all lights. The One is the absolute Light of Intelligence. The Omnipotent Omniscient Omnipresent One Light is the infinite Eye of the eternal ‘I’ that is the Witness Seer and Self. The One Light of Awareness is the Source Substratum Substance of everything and all that seems to be or exist. The One Light is ever Here and Now.

The infinite eternal One Light is the transcendent Self-luminous Reality that is absolute Consciousness.

The One limitless Light is transcendent of light and darkness.

It is an imaginary dream and dreaming of the illusory ego mind which is Witnessed by the One Seer that is the Self.

The directed Light of Awareness burns and destroys the ego mind.

Light is our eternal Nature and real Identity.

Light has no source—It is the Source.

The One is Knowledge. The limitless One is Oneness Knowledge that is eternal. The One is luminous Self Knowing Knowledge. The infinite *Eye* of the eternal One 'I' is All Knowing. Oneness Experience is absolute Knowledge Here Now.

Knowledge of Oneness alone is real.

Knowledge that is nonconceptual alone is real.

We are ever Knowing that is the underlying Reality of experience and that which makes everything and all that seems to be or exist evident and possible.

What is known is experience that in turn becomes knowledge, but when the ego mind is still and silent and all illusion dissolved Knowing alone Shines. Knowing Awareness is the One Source Substance Substratum of all objects and experience.

Oneness Knowledge ever Is, formless unchanging and transcendent.

Knowledge is our eternal Nature and real Identity.

Knowledge has no source—It is the Source.

The One is Silence. Silence is the Heart of the One. Silence is the One Absolute. Silence is the soundless *Sound* of Oneness. The One Whose *Voice* is the eternal Truth of Silence is ever transcendent. Silence ever Reigns in the eternal Here and Now of Oneness.

Absolute Silence is the prerequisite for Realization and Liberation.

Nothing has ever happened in the eternal Silence of the Uncreated and Unborn One Self and Reality.

The Perfect Peace of Silence is ever transcendent of the ego mind.

The motionless mind is Silence.

Silence is the stillness of absolute Peace.

Truth alone is in Silence.

Reality is Experienced in Silence and conveyed by Silence.

Silence is our eternal Nature and real Identity.

Silence has no source—It is the Source.

The One is Power. One absolute Power alone ever Is. The One is Omnipotent Omnipresence. The One Power is infinite immutable and indivisible. The One Power is absolute Perfection. The One Power ever Is Here in the eternal Now of absolute Silence.

The One Power* is Existence Awareness Bliss—the Reality that is the One Self and the Source Substratum Substance of everything and all that seems to be or exist.

The One Power is Maya** that is the Power of illusion and the play of ignorance in illusion. Maya is the Almighty Creator of the infinitude that is the Dream of Maya and the Veil of illusion and Shadow*** of the One.

The One Power is Grace that is the Power of Oneness Truth and Perfection. Grace is the Awakener and Liberator in Maya's Dream.

Grace and Maya are the unfathomable Manifestation and Power of the One.

**The limitless One Power is unlike the endless energy of life and the cosmos that is the infinitude—the One Power is formless limitless nonmaterial immutable/non-vibratory and absolute, while the endless energy of the infinitude takes various forms that are finite material mutable/vibratory and transient. Power is limitless and unconditioned, while energy although endless takes various forms that are limited and conditioned. Energy is an obscure reflection of Power.*

The One Power is the infinite eternal Reality and Self that is the Source Substratum Substance of the infinitude, while endless energy takes form as the endless multiplicity diversity and variation of the infinitude that is fundamentally finite transient and an illusion and a zero and nothing.

***Maya is a Sanskrit word that literally means illusion and magic. Maya has multiple meanings, such as: an extraordinary power; a miraculous force; a magic show or trick; an appearance that is constantly changing and thus unreal; an imaginary creation or trick or deception.*

****A shadow is a partial or total absence of light. A shadow is a dark reflection and essentially nonexistent.*

Maya—the Power of the One—is infinite. Maya is the Almighty Creator of illusion. Maya is the principle of ignorance that makes illusion and the false seem real and true, and Maya is the origin of the ego mind that is but an illusion. Maya and the ego mind are coordinate and conjunct as one. When Maya appears, the ego mind and everything and all that seems to be or exist also appears, and when the ego mind disappears, Maya and everything and

all that seems to be or exist vanishes along with it—Maya and the ego mind rise and fall as one. The mind is the projector of Maya's illusory Dream that is the infinitude—an endless vibrating interconnected intermixed multiplicity endlessly multiplying itself in endless variation to Infinity. The infinitude is one interconnected totality with everything absolutely relative to the point of being canceled and a zero.

Maya and the ego mind and the infinitude—everything and all that seems to be or exist—are the Veil of illusion and Shadow of the One.

When absorbed and lost in the ego mind, we are the Veil of illusion and Shadow of the One.

The Imagination of Maya is limitless and what we experience of the one totality that is the infinitude is infinitesimal.

Everything and all that seems to be or exist happens as one interconnected intermixed totality by the Power of Maya.

There is no volition, no real option or choice, no real individual personal power or will in existence. No leaf or particle moves, nor thought or desire or action happens, apart from the Power and Will of Maya.

Everything happens and is programmed and predetermined by the One Power and Will of Maya.

Everything and all that seems to be or exist is Maya's illusory Creation and Dream projected onto Consciousness and is a zero and nothing.

Power is our eternal Nature and real Identity.

Power has no source—It is the Source.

The One is Grace. Grace is the Power of the One that is the play of Oneness Truth and Perfection in Maya. Grace is the unfathomable Manifestation of the One as the Awakener and Liberator in Maya. Grace is limitless and ever immanent. Grace is ever Here in the eternal Now of Oneness Perfection.

Grace ever Is. Grace is ever immanent, ever flowing.

Grace is within as our inner Guide Master Beloved and Self.

Grace is absolutely essential for Self Realization and Liberation from all ignorance and illusion.

Grace burns and destroys the ego mind.

Grace attunes and aligns us to Oneness Truth and Perfection.

Grace is our eternal Nature and real Identity.

Grace has no source—It is the Source.

The One is Freedom. Freedom is absolute independence as limitless Oneness. The One Absolute is transcendent Freedom. The One ever is the Bliss of Freedom. Oneness Freedom ever Is Here in the eternal Now of absolute Silence.

Love of and dedication to Freedom are a prerequisite for Realization and Liberation.

Freedom is desireless and fearless.

Freedom is transcendent of the ego body mind world cosmos.

Annihilation of the ego mind is Freedom and Liberation.

Freedom is our eternal Nature and real Identity.

Freedom has no source—It is the Source.

The One is Truth. The One and Only Truth is the infinite eternal One. Reality is the Truth of the One Self. Truth is absolute Oneness Knowledge. Truth is absolute Oneness Experience. Truth alone ever Is Here in the eternal Now of absolute Silence.

Truth is that which is ever unchanging and real.

Truth is transcendent of the illusory ego body mind world cosmos.

Truth is nonconceptual Knowledge that is absolute.

Truth is Reality Experience that is Self Knowledge.

Truth is our eternal Nature and real Identity.

Truth has no source—It is the Source.

The One is Perfection. Perfection is the limitless Abode of the One. Oneness Perfection is Nirvana*. Oneness Perfection is absolute Bliss Peace Love Freedom. Oneness Perfection is ever Here in the eternal Now of transcendent Silence.

**Nirvana literally means 'blown out' (like a candle) and indicates Liberation from all that is false and illusion. Nirvana is no-mind.*

Oneness Perfection is transcendent of the ego body mind world cosmos.

Transcendent Oneness Perfection is beyond words and the finest sensibility. No words or concepts—like the word ‘perfection’—can describe Oneness beyond imagination and conception. It is only when the mind is still and silent or finally annihilated that Oneness Perfection Shines as absolute Experience.

Perfection is our eternal Nature and real Identity.

Perfection has no source—It is the Source.

The One is the Beloved. The eternal Beloved is the absolute Bliss of Oneness Love. The One Beloved is ever Omnipresent. The One Beloved is the limitless Heart of Existence. The One Beloved ever Is Here in the eternal Now of absolute Silence.

The One and Beloved and Self and Grace are all One and the same.

It is Love Itself that rises as devotion and appears as the One Beloved.

The intense pleasure of sexual intercourse and union is a mere drop of the absolute Bliss that is Oneness. The pinnacle or zenith of sexual orgasm is an instant of no-mind in the Now of Oneness—an instant of the pure Bliss Peace Love Freedom that is the Self—that is automatically shrouded by the prevailing dense ignorance of the ego body mind.

Love is our eternal Nature and real Identity.

Love has no source—It is the Source.

The One is Here and Now. The Here and Now is the eternal Abode of the Nameless One. The Here and Now is absolute Oneness Experience. The One is limitless Existence in the eternal Here and Now of Awareness. In the absolute One Light of the Here and Now the Veil of illusion dissolves and Oneness is revealed. The One is ever Here in the eternal Now of absolute Silence.

Here is not a location—Here is nonlocal Presence. Here is formless unchanging and infinite.

Now is not a moment or an instant of time—Now is timeless unchanging and eternal.

Here ever Is—Here is infinite. Now ever Is—Now is eternal. The Here and Now ever Is.

The Here and Now is absolute—the Here and Now is Oneness.

The One Reality that is the Self is ever Here in the eternal Now.

The Here and Now is transcendent of the ego mind—the Here and Now precludes the wandering ego mind.

The Here and Now is our eternal Home.

The Here and Now has no source—It is the Source.

The One is Omnipresence. The One Absolute is infinite eternal Omnipresence. The One is the limitless ‘I’ of Presence. Presence reveals Oneness as Omnipresence. Oneness Omnipresence ever Is Here in the eternal Now of absolute Silence.

The One Self is Omnipresence transcendent of the ego body mind world cosmos.

Presence is the Omnipresent 'I' of the one who is reading this.

The infinite 'I' of eternal Presence is ever Here—nonlocal—and ever Now—timeless.

Omnipresence is our eternal Nature and real Identity.

Omnipresence has no source—It is the Source.

We are either Present or in the mind.

When we are Present the mind is still and silent. When we are Present, Here in the eternal Now of Oneness, the mind dissolves.

We alone are Present in the Here and Now transcendent of the ego mind.

The ego mind can never enter the Here and Now.

When we are Present there is only Oneness. Experience is transparent, and everything Shines as One absolute Existence. In the Silence of Presence all is Oneness Consciousness, undivided and Whole. All is Naked. All is the Bliss of Peace Love and Freedom.

When we are Present the ego mind vanishes, and Experience is absolute.

When we are Present there is no ego or story, no past or future.

The ego mind is the illusory past looking toward the elusive future, and ever reactionary in the fleeting present.

There is no past or future or fleeting present in the timeless and transcendent Here and Now.

The timeless Now of Presence is undivided Oneness—the Reality that is the One Self.

Absorbed and lost in the illusory ego mind we are dreaming the dream of illusion.

The ego and its compelling story and compulsive ways vanish in the Here and Now of Presence.

When we are Present the mental trance we live in dissolves.

When we are Present the I-thought drops and all conceptualizing along with it.

When we are Present the mind subsides, and absolute Consciousness remains.

When we are Present attention dissolves into its Source—Consciousness.

When we are Present we Wake from the dream of duality to Oneness.

When we are Present we forget everything and abide in the Here and Now of Silence.

When we are Present we are mere Being and pure Awareness—the One Self.

The One Self ever Is Here and Now—thus effortlessly abide as That. When we make efforts to attain the One Self we bypass the Self and thus remain separate as the ego mind, captives in ignorance and illusion.

The ego mind veils our eternal Nature and real Identity as the One Self, and further tightens the binding of illusion with its ignorant efforts. We are ever already the Self—thus be Present and merely Be and purely See, Here and Now.

When we are Present all is the One Light of Oneness Reality, our eternal One Self.

The absolute Bliss of Presence is ever Here and Now in transcendent Silence.

Relax. Be Present. Merely Be and purely See.

Relax. Breathing eases and refines and slows and becomes full and even. The heart's beat slows and is even and strong. Presence may be for an instant or longer, but the habitual ego mind will automatically rise and take hold. See this and fully relax and be Present, returning to the Here and Now. And continue in this way until the ego mind completely dissolves and one is permanently established in one's natural state of Freedom. The annihilation of the ego mind is Liberation from all ignorance and illusion.

Self Realization and Liberation are not in our hands and are alone by the Grace of the One.

Do not listen to the mind. Ignore the ego I-thought. When a thought takes hold, drop it.

Just Be. Be as you Are. Abide in/as the One Self. Never upset the mind with *yes* or *no*. Be still. Merely Be and purely See, thought-free and boundless. Stop the mind from spinning its web of illusion by fully relaxing and dissolving in the Here and Now of absolute Silence.

Being is Reality Experience, while becoming is an imaginary journey in illusion.

Everything and all that seems to be or exist has a purpose and that ultimate purpose is to Be purposeless as the One. Everything and all that seems to be or exist has desire and that ultimate desire is to Be desireless as the One. Everything and all that seems to be or exist has the urge to know and that ultimate urge to know is to Be as the One Unknown.

Be ever Present in the transcendent Here and Now of absolute Silence.

Presence is Awareness Being Here Now.

The Here and Now of Presence is absolute Oneness Experience.

Presence is the limitless Self.

We alone abide in/as the Self in the Here and Now of Silence.

Presence is timeless Oneness.

Presence is absolute.

Presence is ever unchanging.

Presence ever Is.

The Now of Presence is absolute Silence.

The Now of Presence is Oneness Perfection.

The Now of Presence is Naked.

The ego mind vanishes in the Here and Now of Presence.

The Now of Presence is at once Emptiness and Fullness.

Presence is empty of the ego mind and all illusion, and full as Oneness.

The Now of Presence is indivisible Oneness transcendent of the ego mind.

The ego mind can never enter the Oneness of the Here and Now.

Presence is prior to thought.

The Now of Presence is Omnipotent Omniscient Omnipresent.

In Presence there is no abstraction or contraction.

In Presence there is no inner or outer or before or after.

In Presence there is no ignorance or illusion.

In Presence we Wake from the dream of illusion to the One Reality that is our infinite eternal Self.

Abidance in Presence is the dissolution of the ego mind and all ignorance and illusion.

Abidance in Presence is absolute Silence Here in the eternal Now of Oneness Perfection.

Abidance in Presence is abidance as the immortal One Self.

Abidance in Presence is the limitless Bliss of Peace Love Freedom.

Master and destroy the mind by merely Being and purely Seeing.

To be without reaction is mere Being and to see without reaction is pure Seeing.

Mere Being is absolute Existence and pure Seeing is absolute Awareness.

Mere Being and pure Seeing is absolute Bliss.

Mere Being and pure Seeing is our natural state.

Mere Being and pure Seeing is the limitless One Self and Reality.

Mere Being and pure Seeing pierce the illusion of separation.

Becoming and striving and attaining is a journey in illusion.

Mere Being and pure Seeing is direct absolute Oneness Experience.

Mere Being and pure Seeing is direct absolute Oneness Knowledge.

Mere Being and pure Seeing is Oneness Perfection.

Mere Being and pure Seeing is ever Here Now.

Be Naked and Free.

Forget name and fame—be nobody/no body/nothing/no thing. Be formless and Free.

Abandon all thought and thinking and just Be—not be this or be that but merely just Be.

Stop thinking and merely just Be and Oneness naturally reveals Itself.

Thinking of That which is beyond thinking is still thinking, so merely simply Be.

Be Present.

Being is ever Present.

Being what one already Is is effortless.

Being is purposeless as the One.

The perfect way is to be purposeless as the One and merely Be and purely See.

Being is ever Free.

Awareness is ever Present, ever effortless, ever transcendent and Free.

Being Awareness is absolute Bliss in the eternal Here and Now of Oneness.

Merely Be and purely See in the absolute Silence of the Here and Now.

There is nothing to accept and nothing to reject—everything is an illusion and a zero and nothing.

In Reality there is nothing to do or be, while in illusion there is everything to do and be.

There is nothing to attain—Oneness Perfection is ever our eternal Nature and real Identity Here and Now. Free of the ego mind, effortlessly abide as That.

We are the immortal Unborn ever transcendent of the ego body mind world cosmos. All seeking, all striving, all desire and fear, veil and bypass Oneness Reality that is ever Here and Now.

There is nothing to be or do—we are already effortlessly transcendent Perfection. It alone is ignorance that binds and keeps us in illusion, so merely Be and purely See in the limitless Silence of the Here and Now of Oneness.

The ego resists egoless Presence—the ego ever hungry for justification and victory resists the egoless thought-free Now. But upon reaching a point of deep insight by the Grace of the One, belief and faith in the ego-I falters and we turn from the darkness of ignorance to the Light of the One Self.

There is the illusory time of a watch and movement of the earth and sun, but it is something transient and not overbearing and we no longer live in the past or for the future. As nothing happens in the Here and Now there is nothing to attach to or resist and we realize that things happen only in the illusory world of the ego mind and events and experiences are a mind creation and projection maintained by belief and faith. And foremost we Realize that in the Here and Now of Oneness Reality there alone is the One Perfect Self.

Thought cannot be found when directly searched for.

When one looks for thought there is only the Emptiness and Silence of absolute Consciousness to be found. Thought and thinking automatically cease when we are Present and Aware. Consciousness is ever the underlying Reality of thought.

To stop thought, search for it to find it absent. Thought and the ego mind dissolve in the Here and Now of Presence that is absolute Awareness Consciousness.

Observe how thought just happens, how there is a continuous stream of thoughts except in the Light of Awareness that is Presence. Awareness never appears and disappears like thought, and when attention is withdrawn from thought, Awareness Shines, unveiled.

Thought is transient and essentially nonexistent. Thought springs from Emptiness, evaporating into Emptiness. When we ignore thought it cannot take hold. When we abide in mere Being and pure Seeing, where is thought?

If thought rises we need not attend to it unless it is useful or necessary. We need never cultivate thought. And if we are able to master thought this power is given to us by Grace.

We are a mere mental construct and memory, while the One Self ever Is.

Ever abide in the absolute Silence of Consciousness, Here and Now.

Silence is the One Absolute.

Silence ever Reigns in the eternal Here and Now of Oneness.

Silence is the prerequisite for Reality Experience Self Realization and Liberation.

Silence is the Heart of the One Reality.

Silence is the One Self.

Silence is absolute Consciousness.

Silence is pristine Being.

Silence is our eternal Nature and natural state.

Silence is the eternal transcendental *Music* of Reality.

Silence is the soundless *Sound* of Infinity.

Silence is the transcendent *Voice* of Oneness Truth.

Silence is transcendent Peace.

The stillness of Silence is the absolute Peace of Oneness.

The motionless mind is the stillness of Silence.

The Perfect Peace of Silence is ever transcendent of the ego mind.

Silence is the absolute Bliss of Oneness.

The Beloved and lover are ever One in the Silence of Oneness Love.

Silence is Emptiness as no mind and Fullness as Oneness.

Silence is Oneness Perfection.

The Silence of Oneness Perfection ever Is.

Silence ever Is Here and Now.

Silence is Nirvana.

Silence is Holy.

Silence is Naked.

Silence is transcendent of the ego mind.

The eternal Here and Now of Oneness Silence is ever transcendent of the ego mind.

Thinking about That which is beyond thinking is but a detour and distraction in illusion.

Words and concepts are a detour and postpone Oneness Experience in Silence.

Egoless, we are in our natural state of Silence.

Silence is the underlying Reality and the ego mind is but an illusory superimposition.

Abidance in absolute Silence is real worship devotion and love.

Silence alone is the revelation and signature of the One Reality.

Reality is alone Experienced in Silence and conveyed by Silence.

Only that which is given and received in Silence is Real.

Silence is Oneness Truth that is absolute Knowledge.

Truth alone is in Silence—Knowledge alone is in Silence.

The conceptual noise of the ego mind obscures Oneness Truth.

Only Silence is the true answer to every existential question and quandary.

Silence is the eternal Nature of the One infinite.

It is essential to realize that Silence is the eternal Nature of the limitless One and the transcendental *Voice* of Oneness Truth.

It is essential to realize that abidance in/as Oneness Silence is Self Realization and Reality Experience.

It is essential to realize that Silence is the underlying Reality of everything and all that seems to be or exist that is but an illusory superimposition.

It is essential to realize that Silence is a formless immutable limitless continuum in which sound and thought and everything and all that seems to be or exist appears and disappears.

Many love the quiet of nature and the stillness of a night under the stars and the silence of a sacred place and so on, but the Silence of Oneness can never ever be conceived or found in vast space and time or even beyond—the Silence of Oneness is ever transcendent of the ego body mind world cosmos and beyond.

Silence will ever be a mystery to the ego mind yet is ever Here and Now as the One Self.

The ego mind dissolves in the face of the absolute magnitude of the transcendent Perfection of the One—one is rendered eternally stunned in absolute Silence.

In the absolute Silence of the One we Wake from the dream of illusion to Reality.

The Silence of the One Absolute is limitless and ever Here in the eternal Now of transcendent Peace.

Ever abide in/as absolute Silence Here and Now.

Absolute I AM ever Is.

Our one direct Experience* in life is our immediate sense of Existence and Awareness of Being—the absolute Knowing *I exist, I AM*. This Knowing Awareness is Self-existent and Self-evident and thus an absolute certainty. This absolute I AM is an ever-present constant in life and a deep undercurrent in all experience.

**All direct Experience is nonconceptual nondual and absolute.*

Along with the core-experience I AM is the primal I-thought—the original and root thought from which all other thoughts spring. There is a continuous movement of thought and absorption in the ego I-thought that distracts us from merely just Being, and in ignorance we misidentify and intermix I AM with the ego body mind—as *I am the body* and *I am this* and *I am that*.

Recognize I AM to be absolute limitless timeless and real, and the ego I-thought limited transient and unreal. And in this recognition, merely Be and purely See transcendent of the ego mind and all ignorance and illusion.

The infinite eternal One alone is ‘I’ and what the One Is, I AM.

The One is absolute I AM—the One Self and Reality.

I AM ever Here in the eternal Now of Oneness Silence.

I AM ever Here in the eternal Now of Oneness Perfection.

I AM ever immutable Being Awareness Bliss.

I AM ever Self-existent Self-evident Self-luminous Oneness.

I alone AM.

The One infinite eternal Reality is both Emptiness and Fullness.

The One is Empty (nothing/no thing/no mind) and Full (infinite eternal Oneness).

From the nothing of Emptiness and the All of Fullness that is limitless Oneness springs the illusory infinitude—an endless vibrating interconnected intermixed multiplicity endlessly multiplying itself in endless variation to Infinity—that is but a zero and nothing.

From the One springs a zero.

Oneness alone ever Is—all else is but an illusion and a zero and nothing.

The limitless One is the Source Substratum Substance of the infinitude, while the infinitude is an illusory superimposition and but a zero and nothing.

The infinitude is one interconnected intermixed totality with everything absolutely relative to the point of being canceled and a zero.

The infinitude is the Veil of illusion and Shadow of the One and but a zero and nothing.

All illusion and all shadows are a zero and nothing.

For the Liberated who are embodied the Veil of illusion is permanently dissolved but the Shadow remains. For the Liberated who are not embodied the Veil of illusion is permanently dissolved and also the Shadow.

The infinitude is mere foam on the boundless *Ocean* of Being that is Oneness Existence.

All forms and beings are finite contractions in the formless infinite One Being.

The One is the boundless *Ocean* of Being in which everything and all that seems to be or exist are mere bubbles and waves that appear and disappear. The *Ocean* of Being is ever One and indivisible and its depths ever unmoving and unchanging.

As waves rise from the ocean and fall back and dissolve in it, so the infinitude emanates from the limitless One Being and dissolves back into It.

From the limitless One Being an endless illusory multiplicity and diversity of finite forms and beings spring, like the one light of the sun passing through a prism and becoming separate and dispersed as rays.

Finite forms and beings are ever changing and generating other finite forms and beings, ad infinitum.

Limitless Being is the One Self and Reality.

Being is formless and Self-existent Self-evident Self-luminous Oneness.

Being is not action, nor is it dependent on action, nor is it thought or an abeyance of thought. Being is not dependent on the body or mind—indeed without Being there is no body or mind or life.

There is no Being without Awareness and no Awareness without Being—Being and Awareness are One and indivisible. That which Is is Bliss. Self Realization is the dissolution of the human being and the absolute Shining of Being Awareness Bliss.

I AM transcendent Freedom in the eternal Here and Now of Oneness.

Freedom is Here and Now.

Freedom is absolute independence as limitless Oneness.

Freedom from all ignorance and illusion is Oneness Perfection.

Freedom transcendent of the ego mind is limitless and absolute.

Once the fire for freedom is ignited, it grows and engulfs all limits to become limitless Freedom.

Freedom conceived by the ego mind is limited, while limitless Freedom is already our eternal Nature and real Identity.

The One Self is absolute Freedom.

The *Spirit of Freedom* is a prerequisite for Liberation from all ignorance and illusion.

In the world freedom is a *battle cry*, while in Reality Freedom ever Is.

Love for Freedom aligns one with Oneness Truth.

There is no desire fear or attachment in the absolute Freedom of Oneness.

Those free from desire and attachment are Freedom Itself.

Freedom is sacred, and the alignment with Freedom demands and evinces courage, as well as honesty.

Freedom from all conditioning and programming is absolute Bliss transcendent of the ego body mind world cosmos.

Freedom from all ignorance and illusion is the absolute Bliss of Liberation.

Freedom is alone bestowed by Oneness Grace.

Freedom is limitless in the Here and Now of Oneness Perfection.

Freedom is transcendent in the Here and Now of Oneness Silence.

Abide desireless and purposeless and Free as the One Self Here Now.



Be free of the ego mind—Be Free, always. *The bird flies in freedom.* There is no need for ideas and words because the One Self Power is limitless. Fly thought-free in the infinite *Sky* of Consciousness because when there is ego mind instantaneously there is captivity in the cage of illusion.

So long as the ego mind is active, return to Presence—mere Being and pure Seeing Here and Now. Only beyond the ego mind is Reality unveiled, and only when the ego mind is finally annihilated is there Freedom and Liberation from all ignorance and illusion.

Absolute Consciousness is deep meditation and our natural state. In deep meditation there is no subject or object—only the limitless Silence of absolute Consciousness. Deep meditation is abidance in/as the One Self, thus abandoning contemplation and concentration Be ever Here in the absolute Silence of the eternal Now.

That which Shines before and after every thought is the Silence of absolute Consciousness. Everything and all that seems to be or exist is but an illusory superimposition on Consciousness. There is only Consciousness—Consciousness alone ever Is.

Consciousness is the eternal Reality that is the infinite One Self.

Consciousness is absolute in the eternal Here and Now of Oneness Silence.

Now is the still point of Eternity.

Now ever Is.

Now is timeless.

The past is a memory and conceptual. The future is assumed and conceptual. The present is fleeting and conceptual. The Now is eternal and transcendent of the ego mind and all illusory concepts, such as time. The Now is Reality ever transcendent of all illusion.

In the absolute One Light of the Now the Veil of illusion drops and the One is revealed.

Now is the One Absolute.

Now is the eternal Abode of the One and Only.

Now is the Heart of Existence.

Existence is infinite in the eternal Now of Awareness.

Now is Infinity.

Now is Reality.

Illusion vanishes in the Now of Reality.

Now is the One Self.

Now is Omnipresence.

The Now of Presence is egoless.

Now is absolute Consciousness.

Now is absolute Silence.

The limitless Now of Silence is ever transcendent of the ego mind.

The mind stops in the Now of absolute Silence.

Now is Naked.

Now is Nirvana.

Now is Bliss. Mere Being is Bliss. Bliss is unbroken happiness. Bliss is our eternal Nature. It is the ego mind that disturbs and obstructs our natural state of Bliss and happiness. Bliss is the One Self. There is no moment when the Self is not. Be free of the ego mind and so abide as the absolute Bliss that is the One Reality and Self.

Be ever Here in the limitless Bliss of the eternal Now.

Oneness is limitless Bliss.

The immortal One Self is absolute Bliss.

Bliss is our underlying Reality.

Our innate happiness is projected onto and associated with objects and the attainment of our desires. The happiness and peace we experience once the desired object is attained is our own inherent and natural happiness and peace, and with that there is a sense of fulfillment and completion. When the tension of desire is relieved, we feel happy and at peace for a time, but there are always more desires that arise that keep us from feeling totally complete, and we have made the false assumption that happiness and peace is external to us, which keeps us trapped in ignorance and illusion, missing the truth that we in reality are the happiness and peace we are desiring and seeking. No matter what the desired object is it represents that which will somehow make us complete and happy. It is permanent happiness and peace that we

are ever longing for and seeking, not realizing that happiness and peace is our natural state and eternal Nature and Self, in limitless abundance. Only abundance as the one Self that is Oneness Perfection is permanent Freedom from the sense of incompleteness. We are limitless Bliss Peace Love Freedom—we are That which we are ultimately longing and searching for.

Abidance as Oneness is absolute Bliss.

Now is Peace. Peace is the stillness of absolute Silence. There is no Peace in the movement of thought. When thought is absent there is perfect Peace. Peace is our eternal Nature. It is the ego mind that disturbs and obstructs our natural state of Peace. Peace is the One Self. There is no moment when the Self is not. Be free of the ego mind and so abide as the absolute Peace that is the One Reality and Self.

Peace is the limitless Heart of Silence.

The Perfect Peace of Silence is ever transcendent of the ego mind.

When the ego mind is annihilated Peace Reigns.

Mere Being is Peace.

Liberation is eternal Peace.

Abidance as Oneness is absolute Peace.

Now is Love. Love is Oneness. Love is the *Form* of the formless One. Love shines on all like the sun. Love is our eternal Nature. It is the ego mind that disturbs and obstructs our natural state of Love. Love is the One Self. There is no moment when the Self is not. Be free of the ego mind and so abide as the absolute Love that is the One Reality and Self.

Love is the essential basis of Creation.

Love is limitless and not a directed love—Love is Oneness and like the light of the sun that shines on all.

Love is selfless. Love is Free from want desire motive and attachment. Love gives and does not ask.

Love is unparalleled Power and the key to solving all difficulties and the foremost spiritual force that heals and transforms.

Love is majestic and an absolute Light that dispels all darkness.

Love is unalloyed Beauty and Bliss.

The One Beloved is absolute Love that quickens pure love in the devotee.

The eternal One Beloved listens only to the music of the Heart—Love.

The Beloved and lover are ever One in absolute Love.

Absolute Love is the Bliss of Oneness.

Love is not absolute until Realization and Liberation.

Love springs spontaneously and unfettered from within—Love is our eternal Nature.

Now is Freedom. Freedom is transcendent Oneness. Freedom is formless and nameless. Freedom is our eternal Nature. It is the ego mind that disturbs and obstructs our natural state of Freedom. Freedom is the One Self. There is no moment when the Self is not. Be free of the ego mind, and so abide as the absolute Freedom that is the One Reality and Self.

Wherever one is, one is Free—Freedom is ever Here and Now.

Prior to and beyond the ego mind, one is Free.

Be desireless and fearless and ever Free of the I-me-mine and fever of the world.

Freedom is never attained—Freedom is Realized as our immortal One Self.

Oneness Freedom is Liberation from the ego body mind world cosmos.

Now is Oneness. Oneness is indivisible and ever unchanging, while the ego mind is divided and ever changing. Oneness is our eternal Nature. It is the ego mind that disturbs and obstructs our natural state of Oneness. Oneness is the One Self. There is no moment when the Self is not. Be free of the ego mind and so abide as Oneness that is the One Reality and Self.

Surrender to/as the One is Oneness Reality Experience and Liberation from all ignorance and illusion.

I AM ever Here in the eternal Now of Oneness.

One absolute Power alone ever Is.

The One Power is limitless invincible indivisible and abiding.

The One Power is absolute Consciousness that makes everything and all that seems to be or exist evident and possible.

The One Power alone Experiences Itself—the One is absolute Experience as Oneness.

The One Power is the One Source Substratum Substance of everything and all that seems to be or exist.

The realization that there is only One Power affords the perfect perspective and view. This realization coordinate with total trust in the One brings one to abidance in/as Oneness Perfection.

The One Power is Existence Awareness Bliss—the infinite eternal Reality that is the One Self.

Existence Awareness Bliss alone ever Is Here and Now.

The One Power is Maya that is the Manifestation of the One.

Maya is the Almighty Creator of the illusory infinitude that is the Veil of illusion and Shadow of the One. Maya is the Power that makes illusion seem real. Maya is the play of ignorance in illusion.

The One Power is Grace that is the Manifestation of the One.

Grace is the Power and play of Oneness Truth and Perfection in Maya—Grace Awakens and Liberates all from Maya's Dream of illusion.

The One Power Manifests as Maya and Grace.

Grace and Maya are both unfathomable.

Grace—the Power of Oneness—and Maya—the Power of illusion—are intertwined as the Manifestation of the One.

The Manifestation of the One is the *Supreme Drama* that is the powerful play of Maya and Grace, with Grace ever surpassing Maya as the One underlying and preeminent Reality.

Grace is infinite eternal Oneness, while Maya is the Veil of illusion and Shadow of the One that is but a zero and nothing.

Grace is Oneness Truth and Perfection that is the One Reality, while Maya's infinitude is an illusory superimposition and a zero and nothing.

Grace is the One Light of Truth, while Maya is the darkness of ignorance in illusion.

Grace and Maya are the play of Light and darkness.

Grace ever Is, while Maya appears and disappears along with the illusory ego mind and infinitude.

By Grace alone we escape Maya and all ignorance and illusion to ever abide in/as absolute Oneness Existence Awareness Bliss.

Complete trust and surrender to/as Oneness is the limitless Grace of the One.

Our dissolution by the Grace of the One is the unveiling of That which is ever Here and Now—the One Self and Reality.

The infinitude is Maya's limitless Imagination.

The infinitude is Maya's Dream.

The infinitude is everything and all that seems to be or exist.

The infinitude is the illusory creation and projection of Maya mind.

The infinitude and Maya and the ego mind are the Veil of illusion and Shadow of the One.

The infinitude is a mirage and all experience an illusion.

The infinitude springs from a zero-dimension point that is infinitesimally finite and expands endlessly as illusion.

The infinitude is an endless vibrating interconnected intermixed multiplicity endlessly multiplying itself in endless variation to Infinity.

The infinitude is fundamentally unified and superficially diversified and is one interconnected totality with everything absolutely relative to the point of being canceled and a zero.

The infinitude is an illusory creation and projection of the ego mind and a zero in Oneness Consciousness.

The infinitude is one interconnected intermixed totality that is an obscure reflection of Oneness in the Mirror of Consciousness.

The infinitude is endless illusory experiences—the infinitude is an illusion and a zero and nothing.

The infinitude and the ego mind are coordinate and conjunct as one and appear and disappear as one.

The infinitude is in the ego mind, and both are in Consciousness.

The infinitude is an illusory superimposition on Consciousness—the Reality that is the One Self.

The infinitude is the *Grand Illusion* created and projected by the ego mind onto Consciousness.

The ego mind is the ultimate miracle because it is in and from the mind that the infinitude springs and is projected and externalized as perception and experience.

The infinitude is one interconnected intermixed totality comprised of endless particles atoms molecules forms bodies worlds stars galaxies universes and so on—the infinitude is everything and all that seems to be or exist.

The infinitude has endless properties attributes conditions and limits.

The infinitude is mere foam on the boundless Ocean of Being that is limitless Existence.

The infinitude is a zero in Oneness Consciousness.

Mental impressions and inclinations keep the wheel of karma revolving.

Mental impressions and inclinations create the world of illusion that is the ego mind.

Some things make an impression that leaves an imprint on the mind. These impressions, imprints, become inclinations—in the form of desires attachments preferences habits actions reactions and so on—that form a unique personal individuality and life. Inclinations are predispositions that become automatic reflexes that in turn become patterns.

Impressions move and bind and keep us captive in illusion.

Impressions are countless and are either active or dormant.

Impressions and inclinations seek manifestation and are the fuel that drives one's life and the world.

Impressions and inclinations keep the ego mind active and conditioned and are good neutral or bad—the good being selfless and auspicious, and the bad being selfish and inauspicious.

The ego mind is the creator and projector of *vicious circles* and cycles that are like spinning wheels—mental impressions and inclinations keep the *wheel of karma* revolving. And so long as the ego assumes itself as the agent of experience as the doer and owner it is entrenched in the cycle of karma, ever spinning its *wheels* in ignorance and illusion.

Our actions and reactions spurred by impressions and inclinations keep us spinning on the karmic wheel.

The egocentric under the spell of ignorance and illusion are like a dry leaf whirled round and round and moved about this way and that by the wind.

Stop the ego mind spinning its web of illusion by Being Present in the transcendent Here and Now of Oneness Silence.

Impressions are karma that create more impressions and karma. All impressions are genetic imprints—genes are karma.

Karma is both action and reaction. Karma is the result or consequence of actions and reactions and motives.

Karma is balance and justice. Karma is the natural *physics* of life and the law of nature. All that we do comes back to us—*As we sow, so shall we reap* is a natural law. What we give returns to us and what we withhold is taken from us. For every action there is a reaction—action and reaction are coexistent and coordinate as one. Life in the world and cosmos is based on balance in/as action and reaction, and thereby justice.

All reaction binds and keeps us captive in illusion. In ignorance we react. We act in reaction and react in action. All reaction and action are based on separation and desire and fear in illusion.

Karma is the play of Maya and Grace.

Grace and Maya are the limitless Power and Manifestation of the One and coexistent.

Grace is the play of Oneness Truth and Perfection in Maya's infinitude that is the play of ignorance in illusion.

Maya is action and reaction, and the karmic *mover and shaker* of the infinitude. In Maya's play of ignorance in illusion, Maya is the *karmic lord* of returns and retribution.

Grace coexistent with Maya is karmic balance and justice in the infinitude. Grace purifies and heals and quickens compassion and wisdom. All impressions and inclinations and karma are burned and dissolved by Oneness Grace.

The transcendent Reality that is the One Self is ever Free of all impressions and inclinations and karma.

It alone is Grace that Wakes and Liberates all from karma and ignorance and illusion.



Maya's Dream is the prodigious play and drama of man and woman and their offspring—who are the crown of Creation and fully conscious yet veiled by the ego mind and under Maya's Spell of ignorance and illusion. Humans are the only beings in Creation that *turn within* to the One Light of Truth. *And God made man in His Image*. Oneness Truth and the One Beloved and the *Kingdom of Heaven* are all *within* as the One Self that is the Reality. It is the Power of Grace that pulls one *within* and aligns one with Oneness Truth and Perfection, while it is Maya mind that creates and projects illusion and makes illusion seem real.

In the eternal Here and Now of Existence Awareness Bliss the immortal One Self is transcendent Freedom.

In Oneness Silence we Wake from Maya's illusory Dream to Oneness Reality by the Grace of the One.

Grace ever Is.

Grace is ever immanent, ever *flowing*.

Grace is ever Here and Now.

Grace is the Power and Manifestation of the One.

Grace is the Awakener and Liberator.

Grace Wakes us from the dream of illusion.

Grace Liberates us from the ego mind and all ignorance and illusion.

Grace is Oneness Truth and Perfection.

Grace is Bliss Peace Love Freedom.

Grace guides protects heals and purifies.

All true spiritual guidance and blessing is Grace. All that is truly auspicious is Grace. All that purifies is Grace and all that burns and destroys the ego mind is Grace.

Grace is ever *within* as our Guide and Master and Beloved and One Self.

Until we turn within to the eternal One Light that is the One Self we will not know Grace as ever flowing, ever Here and Now.

Grace is the One Self.

Grace is ever flowing from the Heart of Existence—the One Self and infinitely luminous and ever Shining 'I'.

Grace is the Heart wide open.

Grace never sees the ego mind or world of illusion. It is when our Heart is open or when we are totally relaxed or least expecting it that Grace takes hold. The ways of Grace are unfathomable.

Grace is absolutely essential for Realization and Liberation.

Grace *burns* and annihilates the ego mind, thus destroying the Veil of illusion.

Grace may assume form and name so to be visible and accessible to devotees and seekers of Truth. Grace as the embodiment of Oneness Truth and Perfection destroys the ego mind and reveals the One infinite eternal Reality to be the Self.

Grace reveals attunes and aligns one to Oneness Truth and Perfection.

Association and alignment with Oneness Truth in any form, in any way, is Grace.

Association with the Realized Liberated and the illumined is of paramount importance and invaluable, but it is the One Self that is our eternal Guide and Beloved.

Grace is unfathomable.

Oneness Grace ever Is Here and Now.

The One is the One and Only Truth.

Oneness alone is Truth—all else is untruth and a zero and nothing.

Oneness Truth ever Is Here and Now.

Oneness Truth is the One Absolute.

Oneness Truth is ever unchanging.

Oneness Truth alone is in Silence.

Oneness Truth is Reality.

The unchanging Reality transcendent of the ego mind is the One and Only Truth.

Oneness Truth is the One Self.

Reality is the Truth of the Self.

There is no refuge other than Truth—when we disown untruth we stand as Truth Itself.

Oneness Truth is Reality Experience that is Self Knowledge.

In Oneness Truth both ignorance and knowledge dissolve in Self Knowledge that is Reality Experience.

Oneness Truth is Omniscient Omnipresence.

Oneness Truth is ever transcendent of the ego body mind world cosmos.

Oneness Truth is never what is thought of it.

The ego mind can only obscure and veil Oneness Truth.

We betray and overlook Oneness Truth by seeking it in the mind and world and cosmos.

Oneness Truth is transcendent Knowledge.

Direct Experience of Oneness Truth is absolute Knowledge.

Oneness Truth is nonconceptual Knowledge and never an object of knowledge.

One who truly Knows knows there is nothing to know.

Oneness Truth is ever transcendent of all truths and facts.

That which is other than Oneness Truth is nonexistent.

Conceptual knowing and knowledge is unreal, as is ignorance.

Knowledge that is free of the subject-object dichotomy alone is real and absolute.

One who knows that both ignorance and knowledge are essentially nonexistent is Knowledge Itself.

Conceptual knowing and knowledge is based on dual subject-object relativity that is subjective experience and an illusion and a zero and nothing.

Conceptual knowledge is knowledge of the ego body mind world cosmos, while nonconceptual Knowledge is transcendent Oneness Truth in absolute Silence.

Knowledge—the known—and ignorance—the unknown—are dual coexisting opposites that are relative and conjunct as ignorance spinning the web of illusory conceptual knowledge.

Ignorance is the perpetual shadow of conceptual knowledge.

Ignorance of Oneness Truth is the source of all conflict violation vice suffering and so on.

Worthy knowledge is knowledge that is discerning and frees one from both knowledge and ignorance. This *worthy knowledge* is like the thorn used to remove another thorn painfully imbedded in flesh—it discerns the real from the unreal, truth from untruth, pointing one beyond the ego mind to Oneness Truth that is absolute Knowledge.

To remove ignorance and false knowledge, alignment with Oneness Truth is a prerequisite.

Burn the ego mind and all ignorance and illusion in the fire of Self Knowledge.

Oneness Truth is ever Here and Now in transcendent Silence.

Which came first, the seed or the tree? This is an existential question that comes from the mind. There is no true conceptual answer to any existential question. The answer or Truth alone is in Silence.

Why do I exist? Why does all this exist? These are existential questions that come from the mind. There is no true conceptual answer to any existential question. The answer or Truth alone is in Silence.

Who am I? This is an existential question that comes from the mind. There is no true conceptual answer to any existential question. The answer or Truth alone is in Silence.

Why does illusion exist? This is an existential question that comes from the mind. There is no true conceptual answer to any existential question. The answer or Truth alone is in Silence.

We all have come up with various answers to various existential questions, but there has never been any one evident and certain conclusion because there are no true conceptual answers to existential questions. The answer or Truth alone is in Silence.

Some say Existence is a mystery, but this is a conceptual conclusion that misses the mark because there is no true response to any existential quandary. The answer or Truth alone is in Silence.

The *key* to any existential puzzle or dilemma is Consciousness. When the mind is still and silent or dissolved only the Silence of Consciousness that is the One Self remains—we are the Silence of Consciousness that is Oneness Truth and the answer to any existential question. Truth alone is in Silence and never in the ego mind. All existential questions, all longing and search for Truth and Knowledge, ultimately bring us to Silence transcendent of the ego mind. Truth ever Is Here in the eternal Now of absolute Silence.

Discrimination is a tool used to discern the real from the unreal.

Discrimination between the real and unreal, the Self and non-Self, brings one into complete alignment with Oneness Truth. The one who discerns that which is true from that which is false and turns from illusion to Reality, from darkness to Light, is qualified for Realization and Liberation. Devotion and love for Truth are the means for right discrimination and the turning to and alignment with the One Light *within* that frees one from all that is false and untruth. The clear recognition and conviction that the One is real and the ego body mind world cosmos unreal is right discrimination.

Renunciation and Realization are akin—when all that is non-Self is renounced, only the Self remains. Abidance in/as the One Self is automatic renunciation and abandonment of all that it is non-Self. Renunciation negates while abidance affirms yet both lead to Self Realization.

Right action purifies the mind but does not lead to Self Realization. Realization proceeds from right discrimination and higher reasoning and not by action of any kind. Action does not lead one to freedom from illusion, whereas Realization is Freedom. Clear recognition and conviction proceeds from right discrimination and higher reasoning, and not from action. By higher reasoning the *rope* of Reality is discriminated from the *snake* of illusion—by way of discrimination the reality of the rope is discerned from the illusion of the snake.

Under the *lens* of higher reasoning and in the impersonal One Light of Awareness all obscure emotions and motives and mental modes are exposed and clearly known. Awareness—the One Witness Seer—exposes and Sees all to be clearly observed by the higher intellect. All ego mind movement is Witnessed, and when detached one clearly sees and observes without bias and in all honesty.

The Light of the One Witness Seer burns the ego mind.

It is an illusory dream and dreaming of the ego mind that is Witnessed.

The root belief from which all other beliefs spring is: *I am the body—I was born and will die*. This primal belief based on misidentification springs from ignorance and is immensely powerful and holds most in its sway.

All bias in the form of beliefs judgments negativity and such color and distort perception and experience. Higher reasoning is not based on preconception and thus is unbiased. It takes time to divest oneself of all the layers of blind beliefs and biased judgments and reactionary opinions and so on. These layers are a dense dark ignorance that creates *stupid sheep* in a conditioned world. Only earnest and honest investigation based on the longing for Truth and Freedom will deconstruct the layered structure of ignorance in illusion. Going to the root of ignorance—the ego—will solve all puzzles and unravel all tangles and unburden unbind and Free one.

All criticism judgment and negativity are worthless—only clear unbiased observation and reasoning and self-honesty will free us from all ignorance delusion and illusion.

It is ignorance in illusion that makes false assumptions and holds erroneous beliefs sustained by imagination and memory.

The one who clearly discerns the Self from the non-Self, Reality from illusion, knows the ego mind to be the source of all ignorance delusion and illusion and thereby lives Free of the ego and all unnecessary thinking and action.

Discrimination between the true and the untrue, along with the clear comprehension of the nature of desire and fear, is our *spiritual backbone*. But it is love for Freedom that most powerfully establishes one in Oneness Truth.

The movement of thought is time in a conceived space.

Thought is finite and fleeting.

Thought has form and vibration and thus is mutable experience that is limited.

Thought is objective yet a subjective experience.

Thought is derivative and thus relative.

Thought is based on subject-object relativity and thus dual experience.

Thought is conditioned.

Thought is illusion and a zero and nothing.

Thought is essentially nonexistent.

Knowing thought to be a zero and nothing, Be Free.

Embrace Oneness Truth and ever abide in/as Oneness that alone is absolute Experience transcendent of all thought and illusion.

Be ever Here in the timeless Now of absolute Freedom.

Attention rises from Consciousness as a pointed mental focus on an object.

Attention is a pointed mental focus on an object and is either one-pointed or wavering.

Attention is perception that thought takes hold of as relative experience that is subjective.

Attention is directed to an external or internal object and when not so directed relaxes and dissolves into its Source—Consciousness.

Attention focused on an object is a superimposition on Consciousness.

Attention is a conceived seeming of stretching to an object other than the subject 'I'.

Attention is awareness as focus that is directed by intention to an object* of interest and is a conscious action of the ego mind. Attention intention and focus, together as one, are an energetic contraction.

**Everything perceived is an object and objective to attention, including all mental and sensory phenomena. All objects are finite vibratory mutable and transient. Everything and all that seems to be or exist is an object.*

Attention and intention are coordinate and conjunct as one. Attention and intention, combined, are focus, but intention commands attention.

When attention is directed at and focused on phenomena, external or internal, the conceptual perceiver-perceiving-perceived triad comes into play.

Life and living is based on attention and intention—without attention and intention there is no individual or mind or experience or life.

Attention springs from Consciousness as pure Awareness until intention directs it as focus to an object via thought—initially there is instant pure perception until thought takes hold as experience.

Attention as conscious focus emerges via the brain and senses as objective perception that in turn is formulated as *form and name* by thought that in turn becomes relative experience that is subjective. Attention based on dual subject-object relativity is created and projected by the ego mind. When the mind as attention turns *within* and subsides in Consciousness, all objects and perception and experience likewise dissolve in Consciousness.

Attention needs the support of an object and intention otherwise it dissolves into Consciousness.

Introvert the ego mind and it ceases to exist. Introversion means non-attention. With non-attention, the mind dissolves in Consciousness. Introversion of the ego mind is absolute Consciousness, the One Self.

The mind turned inward is Consciousness and turned outward the ego body world cosmos.

The ego I-thought is the agent of attention and the assumed doer and owner. When the ego as attention has no interest or attachment it automatically and effortlessly returns to its Source—Consciousness—the One Self.

When attention rises from Consciousness as focused intention on an object, Consciousness—the underlying Reality—is obscured by the ego mind. When attention dissolves into its Source—Consciousness—the ever-existent Reality that is Consciousness Shines.

Consciousness is objectified by thought as attention focused on an object, but this is an illusion. Attention is a superimposition on Consciousness, and appears and disappears in Consciousness, while Consciousness remains ever the same as unmoving and indivisible Oneness.

Mental impressions and inclinations bring intention and desire into play and determine the nature and power/force of focus. Attention is neutral, while intention/interest is the power/force that determines and directs the quality of focus. When intention/interest ceases, attention dissolves into Consciousness without an object to focus on.

Focus is vague and wandering in infancy but develops to a *norm* level of sharpness for functioning in life and the world.

Presence has no intention and is in perfect alignment with Oneness Truth as transcendent Freedom, while attention as a pointed focus on an object is a state of contraction in illusion. Granted, attention intention and focus produce great achievements but nonetheless all experience and action are illusion based on ignorance of Oneness Truth.

Absolute Consciousness is transcendent Freedom in the Here and Now of Oneness.

Consciousness plus perception plus thought is experience.

Experience is defined as: conscious and direct observation of or participation in some thing; contact with an object through perception or apperception; an act or process of direct perceiving and perception; the apprehension of something through the senses and mind; something encountered or undergone or lived; to personally participate in or undergo something; both a knowing and knowledge of something or the fact of having known something; something that has left an impression on the mind; an event or series of events participated in or lived through or a totality of such events in the past of an individual or group. The word *experience* is aligned with the words and concepts: experiment and experimental knowledge and undergo/to go through.

Perception is defined as: something perceived/observed and a result of perceiving/observation; that which is detected by the senses, primarily vision; a mental image; organization identification and interpretation of sensory information; sensory information interpreted in the light of experience; an awareness of the elements of the environment via the body's senses; a conscious understanding of something; a capability for comprehension; acuity; quick intuitive cognition; perception that reflects upon itself, also called apperception. The word *perception* is aligned with the words and concepts: a receiving or collecting and comprehension and observation/observed.

All perception is instant—prior to thought—and initially pure until thought takes hold as experience. Thought creates and projects experience, while perception in its first instant is direct pure and absolute.

There is no separation in pure direct perception that is absolute. It is thought based on dual subject-object relativity that creates the illusion of duality and separation.

Perception tainted/colored by thought becomes impure.

Thought driven experience is impure indirect and unreal.

Perception owned by the ego via thought becomes conceptual experience that is unreal.

The ego is the I-thought that is the primary or root thought from which all other thoughts spring. The ego is a powerful abstract mental construct created by thought and sustained by memory. The ego is an energetic contraction and the centric force of thought. The ego is body-identity, as 'I am the body'.

All experience based on the subject-object dichotomy is relative and subjective, and can be objectified and analyzed, labeled and categorized.

Conceptual perception and experience is impure indirect dual relative and unreal.

Conceptual experience obscures Oneness—illusion veils Reality.

Dual experience is driven by the ego mind and false and an illusion.

Dual experience is an illusory superimposition on Consciousness.

Nonconceptual perception and experience is pure direct nondual absolute and real.

Pure perception is prior to and transcendent of the ego mind.

Pure perception is Here and Now.

Pure perception is absolute Awareness Consciousness.

Pure perception is absolute Experience.

Absolute Experience is direct Here and Now.

Absolute Experience is Oneness.

Oneness Experience is in absolute Silence.

Consciousness is the one constant in all experience and the continuity in the world of experience.

Repeated experience of any same one object is never identical—each experience of the same one object is unique. The ego body mind world cosmos is ever changing yet all experience shares one unchanging commonality and that is Consciousness. Everything and all that seems to be or exist appears and disappears in Consciousness that is the underlying One Reality. Consciousness is ever unchanging Oneness that alone ever Is.

The infinitude is an endless ever-changing multiplicity and diversity that is an endless variation of experience. Countless combinations of countless attributes contribute to the endless variation of perception and experience.

When we collect and cherish experiences we collect and cherish zeros.

It is in the direct open and genuine meeting of experience that *Truth comes to Light* and a natural outcome is the result. Approaching experience with an agenda and aim in a programmed or systematic way is artificial and ultimately *off the mark*.

The One and Only alone Experiences Itself—the One is absolute Experience as Oneness. Oneness Knows only Oneness.

All reaction is personally stamped by the ego.

Reaction is a tool of Maya.

Reaction and action are based on separation desire and fear.

In ignorance we react. We act in reaction and react in action.

Reaction is an automatic reflex that keeps us in the illusory world of the ego mind.

It is mental impressions and inclinations that move us to react and act.

Reaction distracts us from Oneness Truth—reaction is the antithesis of Oneness.

Reaction springs from the ego as dynamic differentiation and separation.

Reaction is the ego in action as desire and fear, as the judge and critic, and so on.

Reaction takes the form of like and dislike and ideation and emotion and so on.

All opinions and likes and dislikes are conditioned and biased reactions.

Reactions preconceptions beliefs preferences and so on create color and distort experience.

All live in the world according to preconceived ideas that color and distort experience. All live in a biased way, on a tangent, based on differentiation that creates separation and conflict. All are conditioned. All are ignorant and live in a world of illusion.

Reaction is a mark of ignorance in illusion.

Reaction binds and keeps us captive in illusion.

Reaction is the antithesis of mere Being and pure Seeing.

Be ever Free in the transcendent Here and Now of Oneness.



Consciousness is the One Absolute.

Consciousness is absolute Oneness Experience.

Consciousness is ever transcendent Oneness.

Consciousness is Oneness Perfection.

Consciousness is formless unchanging Oneness.

Consciousness is One indivisible Whole that is limitless.

The ego mind objectifies Consciousness and projects its own nature onto Consciousness.

There are no grades or levels or planes of Consciousness, nor varied sorts of Consciousness—Consciousness is formless immutable indivisible Oneness. It alone is the illusory ego mind that creates and projects division and variation in the form of grades levels planes and such onto Consciousness. The ego mind based on dual subject-object relativity is the Veil of illusion and a superimposition on Consciousness.

The infinitude is not a play of Consciousness—it is the play of the ego mind that is Maya.

Consciousness is ever unmoving Oneness transcendent of the ego mind and infinitude that is but an illusory superimposition on Consciousness. It is of paramount importance to realize that Oneness Consciousness is the underlying One Reality of everything and all that seems to be or exist yet is ever untainted and unmoved.

Consciousness is the One Reality.

Consciousness is the Uncreated and Unborn, without a beginning or end.

Consciousness is absolute Existence Awareness Bliss—the One Reality and Self.

Consciousness is never attained but ever already Realized.

Consciousness is the infinite eternal One Reality and all else that seems to be or exist is a creation and projection of Maya mind and an illusory superimposition and a zero and nothing.

Consciousness is the underlying Reality of everything and all that seems to be or exist.

Consciousness is the Self-existent Self-evident Self-luminous One Self.

Consciousness is ever Self Aware.

Consciousness Knows only Consciousness.

Consciousness is our eternal Nature and real Identity.

Consciousness is absolute I AM.

I am conscious. I am conscious of Consciousness. I am Consciousness Itself. I AM.

Consciousness is the infinite eternal 'I'—the One Self that is the Heart of Oneness.

When the ego mind dissolves in the One Light of Consciousness the Self Shines, unveiled.

We are absolute Consciousness. Just as a coil of rope is mistaken for a snake, so we mistake the Self for the ego body mind.

We are Consciousness in which thoughts perceptions experiences and so on appear and disappear.

Recognition that absolute Consciousness is our real Identity is enough to bring the seeking mind to an end. It is seeking alone that bypasses and postpones the Here and Now of Self Realization.

Consciousness is Omnipotent Omniscient Omnipresence.

The cosmic illusion is a mind creation projected onto the Omnipotent Omniscient Omnipresent Screen of Consciousness, like a 3D movie. The world of illusion is a movie we watch—all of life in the cosmos is a movie we thrill to. Watching the movie is part of the movie—a movie within a movie ad infinitum in illusion.

Consciousness is the One Source Substratum Substance of everything and all that seems to be or exist.

Consciousness is the continuum in which everything and all that seems to be or exist appears and disappears.

Consciousness is the *Unified Field* in which everything and all that seems to be or exist is interconnected intermixed as one totality.

What is an object? Consciousness.

Consciousness is All there Is.

Just as the ocean is nothing but water, so the entire world and cosmos is nothing but Consciousness.

Attention and intention without an object dissolve into their Source—Consciousness.

All that springs from Consciousness dissolves back into Consciousness.

Everything and all that seems to be or exist is a superimposition on Consciousness.

The illusory infinitude is in the illusory mind and both are in Consciousness.

All objects are in Consciousness and nonexistent in themselves—Consciousness makes all objects evident and possible.

Like clouds that suddenly appear in a clear sky and as suddenly disappear, thoughts feelings memories and so on appear and disappear in Consciousness.

Everything and all that seems to be or exist are mere waves and bubbles that appear and disappear in the boundless Ocean of Consciousness.

Everything and all that seems to be or exist is projected onto the limitless Screen of Consciousness like a 3D movie.

Consciousness alone ever Is.

Consciousness is limitless and timeless Oneness.

Oneness Knows only Oneness—Consciousness Knows only Consciousness. Oneness and Consciousness are One and the same. Consciousness is ever Here in the eternal Now of Oneness.

That which is other than Consciousness is an illusion and nonexistent.

Consciousness is ever Here and Now.

The Here and Now is the eternal Abode of Consciousness.

The eternal Here and Now of Oneness is absolute Consciousness.

Consciousness is the One Light that is absolute Power.

Consciousness is Self-luminous and ever transcendent and pristine.

Consciousness is the One Light in everything and all that seems to be or exist.

Consciousness is the Light of all lights.

Consciousness is the limitless Illuminator.

Consciousness is the One Light of Intelligence that makes all objects evident and possible.

Consciousness is the One Light in all perception.

Consciousness is the One Light that illuminates the infinitude.

Consciousness is the One Light that lights up and outshines all lights and objects.

The formless immutable Light of Consciousness is absolute Power that outshines everything and all that seems to be or exist.

The ego mind operates in the One Light of Consciousness which makes it evident and possible.

Nothing exists or happens unless the One Light of Intelligence Sees it.

Consciousness is a transcendental Mirror.

Consciousness is Naked.

Consciousness is stainless transparency.

When we look into the Mirror of Consciousness we See the One Self and Reality.

The infinitude is one interconnected intermixed totality that is an obscure reflection of Oneness in the Mirror of Consciousness.

The reflection of the infinitude in the Mirror of Consciousness is but an illusory creation and projection of the ego mind. The infinitude and the ego mind and all creations and projections are a zero in Oneness Consciousness.

Consciousness is ever Knowing Awareness, and never the known.

Consciousness is the One Witness Seer of everything and all that seems to be or exist.

Consciousness is the eternal 'I' that is the infinite Eye that Sees all.

Consciousness is the Knowing Awareness underlying all perception and experience.

We are the Knowing Awareness of thoughts and trees and the Moon and clouds and all experience—we are Consciousness Itself.

All we know of the ego body mind world cosmos is experience and all we know of experience is the knowing of it. So, all that we ever really know is knowing and this knowing is alone known by itself—knowing knows only knowing. Since we are this absolute knowing, knowing is never experienced as an object—knowing is the sole Substance and Substratum of all objects and experience. We are ever Knowing Awareness—Consciousness. Absolute Consciousness is our eternal Nature and real Identity.

Consciousness is absolute Experience and the one constant and continuity in all experience.

Consciousness has never had an experience—It is absolute Experience.

Repeated experience of any one same object is never identical—each experience differs and is unique. Perception of the objective is always a subjective experience when thought intervenes. The ego body mind world cosmos is ever changing, yet there is the sense that there is some commonality shared by each and every experience, and that is Consciousness—Consciousness is the one constant in each and every experience and the only continuity in the world of experience. We might say that it is memory that is the continuity in experience, but experiences differ and memory falters, while Consciousness is One and indivisible and ever the same.

Consciousness is transcendent Silence.

Consciousness is absolute Silence in the eternal Here and Now of Oneness.

Consciousness is Oneness Silence ever transcendent of the ego body mind world cosmos.

The annihilation of the ego mind is Liberation as transcendent Oneness Consciousness.

We are like bubbles in the Ocean of Consciousness—to be Free as Oneness Consciousness the bubble of illusion that is the ego mind must pop.

It is the absolute Silence of Consciousness when thought ceases.

That which Shines before and after every thought is the Silence of Consciousness.

The mind turned inward is Consciousness and turned outward the ego body world cosmos.

One whose Identity is absolute Consciousness is limitless Freedom transcendent of the ego mind and all ignorance and illusion.

It is the human being who alone turns within to the One Light of Consciousness that is the infinite eternal One Self. This turning within is the spiritual path and journey that is the gradual dissolution of the ego mind in an ascending order of finer purer mental grades and levels, leading to the annihilation of the ego mind and the full unveiling of Consciousness as the Reality and Self. The annihilation of the ego mind is Waking from the Dream of Maya and Liberation from all ignorance and illusion.

Consciousness Reigns Supreme in transcendent Oneness.

Consciousness is the absolute Bliss of Oneness Perfection.

Be ever Here in the eternal Now of absolute Consciousness.

The One is absolute I AM.

Absolute I AM ever Is.

I alone AM.

The One is absolute Oneness Experience.

Absolute I AM—the *original signature* of the Nameless One—eternally Shines in the Here and Now.

The 'I' in I AM is infinite and eternal, and the 'AM' in I AM is absolute Existence that is limitless Being.

I AM is absolute Oneness Experience.

I AM is the absolute Power and Manifestation of the One.

I AM is the primary and fundamental principle of Manifestation.

I AM is limitless Omnipresence.

The infinite One 'I' is eternal Presence.

I AM is ever Here and Now.

I AM ever Here in the eternal Now of Oneness.

Who is Here? I AM. Who is Present? I AM.

The formless One is I AM I AM—the eternal Reality that is the infinite One Self.

The infinite eternal One alone is 'I' and what the One Is, I AM.

I AM the One Absolute.

Absolute I AM is our real Identity.

The One Self is absolute I AM transcendent of the ego mind.

We are ever absolute I AM transcendent of the ego mind.

Absolute I AM springs from the infinite eternal real 'I', while 'I am the body' springs from the ego I-thought that is the finite transient false 'I'.

I AM is limited and distorted by misidentification with the body and ego mind.

The ego mind distorts the pure absolute nature of I AM.

I am this and I am that springing from the ego I-thought creates and projects all misidentification and illusion.

The ego—the I-me-mine and I-you-it—is a powerful abstract mental construct sustained by memory and propelled by mental impressions and inclinations. The ego is the Veil of illusion and Shadow of the One Self.

I AM Existence Awareness Bliss.

I AM Oneness Truth and Perfection.

I AM ever Here in the eternal Now of Oneness Silence.

Reality ever Is, while illusion is ever nonexistent.

Reality is the One Absolute.

Reality alone ever Is.

Reality is ever unchanging and absolute.

Reality is infinite eternal Existence.

Reality is ever Here and Now.

Reality is infinite eternal Oneness.

Reality is formless indivisible Oneness

Reality is absolute Oneness Experience.

Reality is limitless Oneness Perfection.

The One alone is Real—all else that seems to be or exist is unreal.

There is no creation preservation or destruction in Oneness Reality—only in illusion.

There are no forms formations or formulations in Oneness Reality—only in illusion.

There is no differentiation division or distinctions in Oneness Reality—only in illusion.

There is no time space or dimensions in Oneness Reality—only in illusion.

Reality is the One Self—our real Identity.

Reality is Self-existent Self-evident Self-luminous Oneness.

Reality is the infinite One Self that is the eternal Heart of Oneness.

Reality is the eternal Truth of the One infinite Self.

Reality is absolute Existence Awareness Bliss transcendent of the ego body mind world cosmos.

Reality is Oneness devoid of dual subject-object relativity and ever transcendent of all thought and words and illusion.

Reality is beyond the world, beyond virtue and vice, beyond space and time, beyond everything and all that seems to be or exist.

Reality is ever transcendent of the fiery suns and heavenly stars and the cosmos and cosmic.

Reality is absolute Silence.

Reality is Oneness Silence ever transcendent of all illusion.

Reality is an *Ocean* of Intelligence that is absolute Bliss in eternal Silence.

Reality is the still and silent mind that is no mind, while the mind in motion is illusion.

Reality is Oneness, while illusion is a zero and nonexistent.

Reality is Oneness Truth, while illusion is a lie and untrue.

Reality is Oneness, while illusion is duality and false.

Reality is ever Here and Now, while illusion never was or will be.

There is an infinite divide between Reality and illusion.

Illusion is everything that the One Reality is not.

Illusion is: unreal; a false appearance; that which seems like something that it is not, like a mirage; that which seems different from what it is, like an optical illusion; that which deceives, like the deception in a magic trick.

Illusion is essentially nonexistent like a zero that is nothing.

Illusion is a multiplicity diversity and variation of finite objects that are derivative.

Illusion is divided and divisible, with a beginning middle and end.

Illusion is ever changing and transient.

Illusion is conditioned with countless conditions and limited with countless limitations.

Illusion is an explosion of endless attributes and qualities.

Illusion is unreal like a dream or mirage or hallucination or magic trick.

Illusion is Maya, the Master Illusionist that makes illusion seem real.

Illusion is a veil that obscures Oneness Reality, like clouds hide the bright disc of the sun.

Illusion is the Shadow of the One Reality, and like all shadows is nothing in itself.

Illusion is a mind creation and projection that in ignorance is believed to be real.

There is deception in illusion and consequent delusion.

Illusion is considered as existent or nonexistent or both existent and nonexistent.

Illusion is ever spinning in circles and revolving in cycles.

Illusion can be discerned from that which is real by way of higher reasoning.

The usual assumption is that the body and all that is perceived by the senses is real, but in Reality that which is formless and imperceptible alone is real. Another assumption is that all cognition and cognitive experience is based on reality, but in Reality all mental activity is an illusory ego mind creation and projection that is but a zero and nothing.

It is a scientific fact that the senses and cognition do not reveal the actual nature of sense objects, and what is perceived is nonetheless an illusory appearance in Consciousness.

All that is revealed by the ego body mind is mere illusion, like a mirage or hallucination.

The body and ego mind can never ever sense perceive conceive or know the Unknowable One Reality.

Disputation regarding the reality or illusion of the world is conceptual and thus a dead end as Reality is ever transcendent of the ego body mind world cosmos. Disputation regarding reality and illusion is fundamentally an existential puzzle that is not in the scope of the ego mind. Reality is absolute Silence in which everything and all that seems to be or exist vanishes.

We are lost in the illusion of the ego mind, ignorant of Reality, our Self.

When the ego mind is still and silent or annihilated, all illusion vanishes. Illusion appears with thought and disappears without it. When thought ceases, Reality Shines as Oneness Consciousness.

Thought is not to be found when looked for or scrutinized, but what is found is the underlying Reality—the limitless Silence of absolute Consciousness.

Attention and intention without an object to focus on dissolve in their Source—absolute Consciousness, the One Reality.

Illusion and ignorance are completely eliminated only for those with permanent Reality Experience that is Self Knowledge.

When one is Present the ego mind dissolves in its Source, Consciousness, but only when the ego mind is completely annihilated is there Liberation as the One Self that is Reality ever transcendent of all ignorance and illusion.

In illusion there is ignorance of Reality.

Mistaking illusion for reality we wander lost in a web of illusion and in ignorance ever spin more illusion.

In illusion, in ignorance, we react. We act in reaction and react in action. All reaction and action are based on separation desire and fear in illusion.

In illusion, in ignorance, we identify with form and generate more forms. All form is based on separation desire and fear in illusion.

In illusion, in ignorance, we contract as the ego-I that is a protracted contraction. The ego and all contraction are based on separation desire and fear in illusion.

In illusion, in ignorance, we create boundaries and walls that limit and separate, and contrive masks to wear. All boundaries walls and masks are based on separation desire and fear in illusion.

In illusion, in ignorance, we have countless doubts questions and conflicts. All doubts questions and conflicts are based on separation desire and fear in illusion.

In illusion, in ignorance, we aim for success and gain and resist failure and loss. All success and gain and failure and loss are based on separation desire and fear in illusion.

In illusion, in ignorance, we long for communion merging and union. All longing of any sort is based on separation desire and fear in illusion.

In illusion, in ignorance, we search for knowledge and Truth. All search of any sort is based on separation desire and fear in illusion.

In Reality there is no ignorance or illusion.

Reality is absolute Oneness Truth transcendent of all ignorance and illusion.

Reality is absolute Oneness Freedom transcendent of all ignorance and illusion.

Reality is absolute Oneness Perfection transcendent of all ignorance and illusion.

The Self-effulgent Reality is ever Shining as Oneness Consciousness in the eternal Here and Now of absolute Silence.

Nothing (no thing) ever happens in the eternal Here and Now of Reality.

In illusion everything happens but in Reality nothing (no thing) ever happens.

Reality never happens—Reality just Is.

Reality is Emptiness (of all illusion) and Fullness (as Oneness)—Oneness is absolute and alone ever Is, while illusion is a zero that never was or will be.

Everything that seemingly happens is a zero—thus go beyond zero to/as Oneness that alone ever Is.

Nothing (no thing) happens without Maya—the Creator of illusion.

In Maya's *Grand Illusion* everything happens but this happening is a mirage that is an illusion.

Illusion happens but this happening is an illusory trick of Maya and a zero and nothing.

Everything that happens is an illusion that is a zero and nothing that is no thing.

We may summon memory or just guess in answer to a question, but this just happens. We may reason but this just happens. We may make a choice, but this too just happens. We may leap out from danger's way, but this just happens like everything else just happens.

Everything and all that seems to be or exist just happens, and this happening is like a mirage that is an illusion. Everything and all that seems to happen is an illusory mind creation projected onto the limitless *Screen* of Consciousness that is Oneness Reality. All creations and projections happen in illusion and are a zero and nothing that is no thing.

The realization and conviction that everything that happens is an illusion is the perfect perspective and view. This realization, coordinate with complete trust in and surrender to the One, swiftly brings one to transcendent Oneness Freedom beyond all illusion and illusory happenings.

Happening is a zero in illusion, while Oneness Reality ever Is.

Everything happens by the One Power and Will of Maya.

Life and living is conditioned existence programmed and predetermined by the Power and Will of Maya.

Everything and all that seems to be or exist is programmed and predetermined—even the seemingly spontaneous and random and so on.

All illusion and illusory happenings are the deceptive magic trick of Maya.

Everything that springs from Maya is illusion.

Maya creates ignorance in illusion that in Reality is nonexistent.

Maya creates illusion that seems real but in Reality is a zero and nothing.

Maya is the Master illusionist that in Reality is irrelevant.

There are no mistakes.

Mistakes are illusory mind creations and projections predetermined by Maya.

In Reality there is nobody (no body) and nothing (no thing) to make mistakes.

In nature and the cosmos are there mistakes? It is humans that deem events and things to be mistakes. Mistakes are a serious matter for humans as they are on a path to improvement and even perfection, not knowing that they in Reality are Oneness Perfection.

Those in illusion are innocent and blameless and nonexistent.

Nothing (no thing) is in our hands.

There is nobody (no body) to blame.

There is no individual personal power or will or control or volition or option—only the illusion of it.

There is no real option when making a choice or decision. There is no real volition and only an erroneous assumption and belief in *free will*. There is no real control although there may seem to be.

We conduct our lives based on erroneous assumptions and premises, and draw conclusions based on delusion in illusion. We are sustained by faith hope and dreams. All is a Cosmic Joke—the ultimate source of comedy and tragedy and irony in the world.

Everything is programmed and predetermined by Maya, so where are we in all of this? Nowhere. We are essentially nonexistent. And if we assume we are real and have control and *free will* then it is correct to hold ourselves responsible and accountable and not blame others and externals, as at some point we will long to be free of bondage and the world, and Grace—the Awakener and Liberator—will Free us from all ignorance and illusion.

What and when is the origin of ignorance and error? Nothing. Never. Cause and effect is an illusory subsidiary tool of Maya. Origins alone spring from and point to illusion. Life in the world and cosmos is a repetitive circling spinning spiraling ad infinitum in illusion.

Affirmation and assertion of desire springs from ignorance in illusion. Our assumption of separation based on body-identity creates desire and fear. All ignorance in illusion is programmed and predetermined by Maya, yet Oneness Grace ever Frees all from ignorance and illusion, deeming all innocent and blameless.

Is worthiness the reason for Grace? No. It is when we sincerely call upon Grace with an open heart that Grace reveals Itself. Oneness Grace is always with us, always imminent and *flowing. Knock and the door will open, seek and you will find, ask and it will be given.* It is when we finally see that everything is not as it seems that we turn to Oneness Truth to Light the darkness. *Truth will set you Free.*

Grace Awakens and Liberates all from the Dream of Maya to the Reality that is the One Self.

The One Self is Grace and the eternal Beloved and Guide.

With the annihilation of Maya mind ignorance and illusion automatically vanish.

All that springs from the One returns to the One, like all rivers run to the ocean.

Reality alone ever Is Here in the eternal Now of limitless Oneness.

Duality is division and separation as two.

We emerge from Oneness only to return to Oneness, and the *space* between emergence and return is an imaginary journey in duality that is but an illusion.

Duality is a dichotomy, something split in two—duality is separation and the antithesis of Oneness.

Separation is a trick of the mind that causes alienation and deep sorrow in the foreign land called duality.

Duality exists on the surface of things, like a mirage, but has deep roots in the universal psyche.

Duality is separation as time from *here* to *there* in a conceived space that is the basis for desire and fear.

Duality is an illusory mind creation and projection.

Duality is experience based on dual subject-object relativity.

Duality springs from body-identification as: ‘I’ (my body) and you/it (the other).

Duality is the play of opposites in a mental space where everything is relative.

The infinitude is one interconnected intermixed totality with everything absolutely relative to the point of being canceled and a zero.

Dual opposites are coexistent and define one another and when in balance cancel one another.

Maya is the Power of the One that creates a zero in the form of dual differentiation and division as countless opposites that define each other and are ever relative in dynamic coexistence.

Duality is separation as division and fragmentation based on differentiation.

Duality is the play of attraction and repulsion, acceptance and rejection.

Duality spawns desire fear conflict doubt confusion worry stress suffering and so on.

Duality spawns deceit anger greed lust jealousy pride arrogance hatred and so on.

Duality is the way of the world—duality is a myth that is legendary.

Duality vanishes in Reality Experience that is Self Realization.

In absolute Silence we Wake from the dream of duality to Oneness Reality.

Nonduality is the direct way to/as Oneness Truth.

Nonduality is in alignment with Oneness Truth.

Realization of Oneness Truth is abidance in/as the absolute Silence of the infinite One Self that is the eternal Reality.

By making pilgrimages and such we forsake Oneness Omnipresence. By contemplating concentrating and meditating on an object of devotion we deny formless Oneness ever transcendent of all duality and the ego mind. By reciting chanting and such we deny the indescribable Nature and the absolute Silence of the One.

Nonduality is the direct way to/as Oneness Perfection.

The direct way is Oneness (in all things).

The direct way is absolute Silence.

The direct way is Presence Here and Now.

The direct way is mere Being and pure Seeing.

The direct way is self-honesty and honesty in life and living.

The one aligned with Oneness Truth never lies and is honorable and courageous. With the deepest self-honesty comes Self Knowledge transcendent of all falsity and illusion.

The direct way is to recognize and realize that the One Absolute is the Reality and One Self transcendent of the ego body mind world cosmos. The following obscure and betray Oneness Truth: dishonesty; belief in separation and relationship based on differentiation; belief in becoming rather than just Being; belief in the authenticity of perception and experience; belief that Realization and Freedom is in the future and based on endeavor, and so on.

The direct way is to clearly comprehend that the ultimate destiny of the ego is final surrender to its primal nonexistence, and that the ego mind that objectifies the One and *divides* indivisible Oneness is to be recognized as ignorance in illusion and a zero and nothing.

The direct way is in alignment with Oneness Truth until the permanent dissolution of the ego mind and all ignorance and illusion.

The direct way is to abandon the illusion of the separate self and all sense of within and without and simply abide as That which ever Is Here and Now.

The direct way is abidance in/as absolute Existence Awareness Bliss that is our eternal Nature and real Identity.

The direct way is infinite in the eternal Here and Now of Oneness.

Investigation into the nature of the ego mind and Consciousness and Oneness and the Here and Now is preliminary.

Discrimination between the real and unreal, the Self and non-Self, is essential.

Devotion and love for Oneness Truth is imperative in turning from untruth to Truth, from the darkness of ignorance and illusion to the One Light of Consciousness.

The ultimate question for all is: *Who am I?* This original universal question must be answered in/as the Emptiness of Silence that is absolute Consciousness—Who I AM is transcendent of the ego body mind world cosmos.

Oneness Perfection ever Is Here in the eternal Now of absolute Silence.

Pure love is the supreme way to/as Oneness Perfection.

Pure love for Oneness Truth in the *form* of the eternal One Beloved Who is absolute Love and Oneness Perfection is the supreme way and a divine gift of Grace.

Absolute Love is Oneness and the limitless Power and Manifestation of the One as Grace.

Pure love is a fire that burns and destroys the ego mind.

Pure love alone is devoid of purpose and is the most elevated state of being in existence.

Absolute Love is like a swift arrow shot straight from and to the One Heart that is the eternal Beloved—the One and Only.

The One Beloved is eternal Omnipresence and the Heart of the lover.

The One Beloved and lover are One in the Holy Silence of Oneness Love.

The One Beloved is ever Here in the eternal Now of absolute Love and Bliss.

Absolute Love is limitless in the eternal Here and Now of Oneness.

The Heart is the essence of Being.

The Heart is the One Self.

The One Self is the Heart of Awareness.

The Heart of Oneness is the Self.

The Heart is the infinite pure 'I' that is the eternal One Self.

The Heart of Existence is the eternal I AM.

The Heart is our eternal Home.

The Heart is ever Here and Now.

Only when we forgive and forget everything do we abide in/as the limitless Heart of Oneness that is ever Here and Now.

The Heart of Silence is Oneness Perfection.

Silence is the Heart of Existence Awareness Bliss.

The One and Only ever Shines as 'I' in the absolute Silence of the One Heart.

The Heart is the limitless Abode of Oneness Perfection.

The Heart is the Kingdom of the One.

The Heart is Oneness Truth.

The Heart is Oneness Love.

The Heart is the eternal One Beloved.

The eternal One Beloved is the Heart of the lover.

The One Beloved listens only to the Heart.

The Heart is the eternal Abode of the One Beloved.

The Heart of Existence is the One Source from which all springs and returns.

The Heart is transcendent of the ego mind.

The Heart Knows only Oneness.

No movement, no changes, no ideas, no action of the mind—that is the Heart.

Until we forgive and forget everything we will not live in the Heart.

The Heart is a Mirror.

When we look into the Mirror of the Heart we See Oneness.

The Heart wide open is Grace.

Limitless Grace is ever flowing from the eternal Heart of Oneness.

The Heart wide open is Bliss.

To the extent we dive in the Heart we experience the Bliss of Oneness.

The Heart wide open is Free.

The Heart wide open is Free and no longer tormented by the ego mind and world.

The Heart wide open is absolute Oneness Experience that is the Bliss of Freedom.

The ego surrendered to the One Heart is the Silence of the eternal One Self.

Ever abide in the One Heart of Silence that is Oneness Perfection.



The infinite eternal One Self is our real Identity.

The One Self is our real Identity ever transcendent of the ego body mind world cosmos and all ignorance and illusion.

The Self ever Is and all else is but an evanescent dream.

The One Self is beyond the ego body mind world cosmos and destiny and karma with which only the ignorant in illusion are concerned.

The Self is the Unborn and Uncreated.

The Self is absolute Existence Awareness Bliss—the One Reality.

The Self is limitless Being—pure Is-ness.

One who merely Is naturally abides as the One Self.

The Self is absolute I AM—the *original signature* of the Nameless One—that eternally Shines in the Here and Now.

The Self is Self-existent Self-evident Self-luminous Oneness.

The Self Knows Itself by way of Itself—Self Knowledge is nonconceptual and ever Free of dual subject-object relativity.

The Self is Oneness Perfection.

The Self is absolute Bliss Peace Love Freedom.

Realize the One Self that is unalloyed Bliss—Be the Bliss you in Reality ever Are.

The Self is ever Here and Now as formless limitless Oneness.

The Self is transcendent Omnipotent Omniscient Omnipresent Oneness.

As there is only the Omnipotent Omniscient Omnipresent One Self that is the Reality, there is no meditator meditating on an object of meditation. We betray the Truth of Oneness by meditating. Abidance in/as the One Self that is ever Here and Now is Oneness meditation transcendent of dual subject-object relativity.

The Self is the Heart of Existence.

No one, even for an instant, fails to experience the Self. No one can ever be apart from the Self. The immortal One Self is the Heart of Existence. It is ignorance in illusion that obstructs absolute abidance as the One Self that is the Reality.

The Self is absolute Silence transcendent of the ego mind.

One whose attention is turned inward dissolves in the absolute Silence of Consciousness and is the fire of Self Knowledge in which the ego mind and all the worlds and universes burn and dissolve.

The Self is where there is no I-thought.

Oneness is the Self, while differentiation and separation are the ego I-thought.

The Self is not an object to recollect or forget.

When the conceptual ego I-thought dies, all thoughts that comprise remembering and forgetting dissolve along with it and the One Self is no longer obscured.

The Self is the One Light of Consciousness underlying everything and all that seems to be or exist.

The eternal Nature of the infinite 'I'—the Self—is absolute Consciousness.

Self Knowledge is nonconceptual Knowledge of the Self.

Those who Know the infinite eternal 'I' transcendent of the ego mind alone abide in/as Self Knowledge ever Free of ignorance and illusion.

Self Knowledge is not the result of instruction contemplation concentration or anything to do with the ego mind or space-time.

Self Knowledge is a stateless State where Being and Knowing are One.

The One Self is at once Being and Knowing. To Be the Self is to Know the Self and to Know the Self is to Be the Self. Being and Knowing are ever One.

Mere Being and pure Seeing is abidance as the One Self.

Self Knowledge is absolute Consciousness.

Self Knowledge is Reality Experience.

Know the Self and the One Absolute that is the Reality is Known.

Knowledge of another does not exist in Reality Experience that is Self Knowledge.

Self Realization is the complete dissolution of the ego mind and all ignorance and illusion.

Self Realization is the dissolution of the human being and the absolute Shining of pure Being, unveiled and Naked.

Self Realization Self Knowledge Reality Experience are all One and the same.

We are not *we* but One—we are the One Self and Reality that is absolute Oneness.

Our dissolution is the unveiling of the One Self that is ever Oneness Perfection.

The One Self is the One Absolute Here Now.

I AM Oneness—I alone AM.

Desire enslaves and perpetuates the illusory world of the ego mind.

Throw away the chains of desire and be ever Free.

Desire keeps the ego mind active. Desire keeps us captives in the ego mind and its world of illusion. The ego mind being rooted in desire ceases without desire. All thought essentially springs from desire.

When we are desireless the ego mind automatically dissolves and with it all ignorance and illusion.

Desire is based on differentiation and the sense and assumption of separation and is a longing and search for fulfillment and completion, happiness and peace.

When desire and attachment completely cease, the Bliss of Peace Love Freedom Reigns.

Desire is aligned with attraction and attainment.

Desire is both pleasure and pain—desire fulfilled is pleasure and desire unfulfilled is pain. Wherever there is pleasure, pain is sure to follow—pain is pleasure's constant shadow. Pleasure and pain are coexistent opposites, ever attracting and commanding attention. Desire is often determined, even obstinate, and will settle for pain along with pleasure.

Desire is the root of pain and suffering.

Desire springs from the ignorance of Reality.

Desire springs from ignorance in illusion—desire is a slave to illusion because of ignorance.

Desire is an illusory ego mind creation and projection that springs from ignorance. Desire is intention attempting to complete a sense of incompleteness and bridge the gap of separation that is space and time, but

separation is an illusion that can never be bridged by desire, and no object can ever permanently fulfill desire.

Desire is the urge and attempt to attain happiness and peace in a desired object. The effort of desire stretching toward an uncertain and illusory future from the past that is memory creates fragmentation and tension. Desire is dependent on the desired object. Desire is coexistent with attachment dependency possessiveness and addiction. Desire binds and blinds—desire is bondage.

An object possesses the possessor who feels the burden of possession and the binding of being possessed.

Destroy desire and one is Free.

Desire is pained separation from the imagined pleasure of attainment and possession.

Desire disturbs obscures and bypasses our natural state of happiness and peace.

When a desired object is attained there is a sense of fulfillment and completion that is experienced as happiness and peace. In Truth, in the instant of attainment we are open and relaxed and indirectly experience our own innate Bliss and Peace that in turn is projected onto the attained object as consequent happiness and peace that is then associated with the attainment of objects—thus desire perpetuates itself in ignorance in illusion.

The happiness and peace we experience once a desired object is attained is our own inherent Bliss and Peace projected onto the attained object, and with that there is a sense of fulfillment completion and wholeness; the tension and fragmentation of desire is relieved and we feel complete and happy and at peace for a time, but there are always more desires that keep us from permanent fulfillment. We have made the false assumption that happiness and peace are external to us, which keeps us trapped in illusion, missing the Truth that we in Reality are That which we long for. No matter

what the desired object is it represents that which will somehow make us happy and bring us peace. Yet it is our innate Bliss and Peace that we ultimately long and strive for, all the while not recognizing that Oneness Perfection is our eternal Nature and Self. We in Reality are the absolute fulfillment completion and wholeness that desire longs for.

It is an irony—a Cosmic Joke—that what desire ultimately is searching for 'far and wide' all along is to be found within as our Self, and that it is desire that disturbs obscures and bypasses our natural state of Bliss and Peace.

Nothing (no thing) can ever truly fulfill our desire-nature.

What we get from desire is a zero and nothing and what we lose is Self Power.

Desire and hope are Maya's prime tools, along with attachment. Desire and hope and attachment are coexistent and coordinate and spring from ignorance that keeps us firmly entrenched in illusion, ever hoping for all that we desire envision and dream of.

Desire keeps all hoping and hopping in thrall of the world.

Hope is a powerful offshoot of desire and potentially everlasting—hope springs eternal.

Desire's perpetual shadow is fear. Desire and fear have a symbiotic relationship.

Fear is an absolute contraction that binds and blinds.

There is no desire or fear for the one who truly Knows everything to be an illusion and a zero and nothing.

Oneness is desireless and fearless.

Desire and fear and hope and attachment spring from and are based on body-identification with the dual subject-object relativity of the ego mind.

Desire has taken the form of the ego.

The ego vanishes without desire to feed on.

Liberation from desire is egoless Freedom.

Desire is the energetic force that propels the ego body mind.

Without desire there is no fear greed lust anger and so on, let alone attachment and hope.

We are fragmented and frustrated by the perpetual tension of the opposites and oscillate between them, never fully or permanently satisfied and fulfilled, so one desire leads to another.

Desire is an energetic contraction, ever changing and generative. Desire perpetuates itself.

Desire creates idols to possess and worship and treasure.

Desire is lust for an object that will satisfy and pacify it.

Desire is akin to lust and emotion, and the antithesis of love.

Desire alone creates the world—desire is the world and the world desire.

Desire motivates and moves us and creates a life in the world.

Desire binds one to the world.

Desire is habitual and for many an addiction.

Desire may glitter and appear powerful and magnetic, but desire is a dark relentless *lord* that spawns vice and transgressions of every sort.

Desire may sport on the surface of life in ordinary ways, but desire keeps all ignorant in illusion.

Desire may wear the garb of good works and great achievements and advancement and even ascension, but desire keeps all trapped in illusion.

Desirelessness is Freedom and Liberation from ignorance and illusion.

Those who are Free live beyond the boundaries and limits of desire.

There is one ultimate and worthy desire and that is the desire for Freedom—this is the one worthy desire that Frees one from all desire and ignorance and illusion. This desire for Freedom is a gift and blessing from Oneness Grace that leads one swiftly to Realization and Liberation.

Desirelessness is the extinction of the ego mind and all illusion.

Desirelessness is the absolute Bliss of Oneness Perfection.

Why torment our selves with desire? We are transcendent Oneness Perfection, Here and Now.

It alone is Grace—the Power of Oneness Perfection—that annihilates the ego mind and all desire and ignorance and illusion.

Ever abide desireless and fearless and Free in the eternal Here and Now of Oneness.

Attachment chains us to illusion and keeps us bound.

No matter what our actions or thoughts may be, when there is no attachment we are fundamentally free. Nonattachment is a detached position and a detached position is aligned with Freedom.

When there is no attachment one automatically effortlessly returns to one's Source—Oneness Consciousness, the Reality that is the One Self.

Nonattachment/detachment is the purest state possible in illusion, while Oneness Reality is transcendent of both attachment and nonattachment.

One who neither accepts nor rejects anything is neither attached nor detached and is Oneness Freedom.

Be nonattached like the fragrance of a flower or the light of the sun—Be ever Free as Oneness Perfection.

Awareness is the Witness Seer of all.

The One Witness Seer is the Heart of Awareness.

Witness Seer and Awareness Consciousness Knowledge Knowing Intelligence Light are all One and the same.

The Witness Seer is absolute Intelligence.

The Witness Seer is the infinite *Eye* of the eternal 'I' that is the One Self.

The Witness Seer and the Self are One and the same.

The Witness Seer is the One Light of Awareness and the continuum in which the ego body mind world cosmos appears and disappears.

All objects appear and disappear in the Light of Awareness that is the One Witness Seer.

The Witness Seer is Omniscient Omnipotent Omnipresent and ever stainless unwavering and unchanging.

The Witness Seer is transcendent of the ego body mind world cosmos.

It is an illusory dream and dreaming of the ego mind that is Witnessed by the eternal One Seer.

The Witness Seer *Sees* and exposes everything and all that seems to be or exist.

The ego mind operates in the One Light of the Witness Seer that makes it evident and possible.

The Witness Seer *Sees* and makes the perceiver that is the *mental seer* evident and possible.

The unchanging Light of Awareness that is the Witness Seer *Sees* all that changes.

The limitless Light and Power of the Witness Seer ever Is Here in the eternal Now of Oneness.

The mind creates and projects a zero.

The mind is an illusion and essentially nonexistent.

Other than as thought, the ego body mind world cosmos does not exist.

Maya—the Power of the One and the Almighty Creator of all illusion—is the origin of the mind. Maya and the mind are coexistent and appear and disappear as one. Maya is real and unreal, while the mind is ever unreal. The mind exists yet does not exist—the mind exists like a mirage of water in a desert exists but is nonexistent like the water in the mirage is nonexistent. Maya makes all illusion seem real and true and creates ignorance.

Maya is the illusory mind that is the Veil of illusion and Shadow of the One and a zero and nothing.

Maya mind creates and projects the illusory infinitude that is the Veil of illusion and Shadow of the One and a zero and nothing.

The mind and the infinitude are an appearance in and a superimposition on Consciousness.

The mind and the infinitude obscure Oneness—this is the Power of Maya.

The infinitude is a mirage and all experience an illusion—this is the Power of Maya.

When absorbed and lost in the mind we are the Veil of illusion and live as the Shadow of the One.

For the Realized/Liberated the Veil of illusion is absolutely dissolved but the Shadow remains until the death of the body.

All that happens is alone by the Power and Will of Maya, including the mastery of the mind that too is but an illusion.

The mind is an abstract mental construct created by thought that represents all cognitive processes.

All cognitive faculties and processes are referred to as *mind*.

The mind is: the complex of elements in an individual that perceives thinks feels determines remembers and reasons; and the conscious mental events and faculties in a human. Some words aligned with the words *mind* and *thought* are: memory and remember and reason and determine.

The brain is an organ of the body, but the mind is not. The brain serves as the center of the nervous system and the coordination between the mind and body and environment. The mind is a complex of cognitive processes that take place in the brain and thus it can be said that the mind resides in the brain. The brain and mind as concepts differ and overlap but essentially the brain and mind are coordinate and coexistent as one—without the brain there is no mind and without the mind there is no brain. The brain is where the electronic impulses that create thought are contained, and where all coordination of *life and living* takes place. The mind is the ego and perception experience thought feeling reason memory determination and so on.

Consciousness is the Source Substratum Substance of the mind brain body and environment. Consciousness is the continuum in which the mind brain body and environment appear and disappear.

The mind and body are coordinate and coexistent as one, but the body is in the mind and the mind is in Consciousness.

The mind rules the world via the five bodily senses and the sixth sense that is the mind endlessly extended in all directions. The five senses of the body are the vehicle for perception, as is the sixth sense that is the cognitive part of the brain. The eyes see, ears hear, nose smells, tongue tastes, skin feels, and the brain perceives thought and all that comprises the mind, while Consciousness—the One Witness Seer—Sees and Knows all.

The mind is the power of reason and imagination.

Reason and imagination working in tandem create and produce the greatest achievements and advances in all the fields of human endeavor. It is the balance of reason and imagination that is the most powerful human dynamic in life.

The mind is ever changing cognition as perception and experience and memory.

Cognition is: all mental processes; a result of the cognitive process; and the process of knowing.

Perception is instant and prior to thought until thought takes hold as experience.

External sense perception and experience—such as a bird and its song or the sensation of silk to the touch of the hand—is in the mind and conceptual. Internal sense perception and experience—such as thinking or an imagined journey or a memory of a journey taken—is in the mind and conceptual. *External* and *internal* are mere abstract mental constructs and all experience of external and internal phenomena is conceptual.

Thought and perception and experience are based on dual subject-object relativity that is subjective and an illusion.

The mind is a stream of thoughts and feelings and mental images.

A thought is: a form created in the mind, rather than the forms perceived through the five senses; an instance of cognition or thinking; an idea.

A mental feeling is: an impression; a reaction; an emotion; an intuition; an unreasoned belief; recognition; an instinctual sense.

A mental image is: an impression or picture of a form not present or that is imagined. An image in itself is a likeness or representation or reproduction of a form.

Thought is an object that is material and vibratory.

All objects have form and are finite and material. And all matter is energy and thus mutable and vibratory, of various densities, some very fine and imperceptible to the senses, like thought. The brain and sensory system is material mutable and vibratory.

All thoughts, all objects, are an illusion and a zero and nothing.

That which appears and disappears is an illusory finite mutable vibratory object and a zero and nothing.

All thought is finite and fleeting. All thought has form and vibration and thus is mutable experience that is limited. All thought is objective yet a subjective experience. All thought is derivative and thus relative. All thought is based on the subject-object dichotomy and thus dual experience that is relative. All thought is conditioned by the past. All thought is an illusion and a zero and nothing. All thought is essentially nonexistent.

Thought is an object directly perceived by the brain and Witnessed by Consciousness.

Thought is an object and vibratory, whereas Consciousness is not. Consciousness is objectified by thought but is not an object or perceivable—Consciousness is the One Witness Seer of all thought and all objects and is infinite formless immutable and indivisible.

Thought can never experience Consciousness and Consciousness never experiences thought—this is the one and only commonality that thought and Consciousness share.

The movement of the mind is projected onto the *Screen* of Consciousness, like a movie.

The mind is feeling and emotion that magnify thought.

Feeling and emotion have more force and depth than thought. Feeling and emotion coupled with the intellect is powerful. Feeling is a finer subtler mental mode than both emotion and thought, and usually on a higher level. Feeling is not emotion, although it may be intermixed with it. Feeling is more aligned with compassion and love than emotion, while emotion is more robust forceful and motivational. Emotion is often reaction that is negative, and aligned with desire and fear and their offshoots, such as attachment anger lust greed and so on. There are endless shades of feeling. Feeling is the mental mode most aligned with Oneness Truth and is the last to dissolve before annihilation of the mind that is Liberation from all ignorance and illusion.

Ideation that springs from the intellect is based on reason and understanding.

The intellect is: the cognitive faculty of reason and conceptual understanding and knowing; and the capacity for rational and intelligent thought, especially when highly developed.

Thought is powerful.

One thought creates and projects eons and endless universes in endless space.

One thought creates and projects the false-I and all illusion.

One thought veils the One, like a cloud that covers the bright disc of the sun.

One thought immerses one in the dark depths of misery, while another lifts one to the heights.

Thought seems to divide the One Indivisible, but this an illusion.

Thought comes from the illusory past and looks to the illusive future.

Thought is as ephemeral as a snowflake on the palm of a hand.

Thought springs from the I-thought that is the primary or root thought.

Thought has ego and name and form.

Thought creates masks and boundaries.

Thought creates and determines experience and the world.

Thought is a force for good or bad.

Thought appears and disappears in Consciousness.

Thought has form, while Consciousness is formless.

Thought is finite, while Consciousness is infinite.

Thought is illusion, while Consciousness is Reality.

The mind is a vast world of illusion created by thought.

The mind is the one and only miracle and the ultimate and unparalleled magic show.

The mind is the creator sustainer and destroyer of everything and all that seems to be or exist.

Everything is a creation and projection of the mind that is sustained and destroyed by thought.

Countless worlds spring from thought.

The mind has unrivaled power of creation and destruction.

Creation and destruction is the way of the mind and world—what the mind and world create, the mind and world destroy.

The mind creates and projects *God above and other* and Satan.

The mind is spacious like vast Space.

The mind *facing* in all directions is everywhere and everything.

The mind creates and projects endless variation and countless forms.

The mind has modes and states and moods and levels and planes and dimensions.

The mind is ever changing and often contradictory.

The mind is the root ego I-thought from which all other thoughts spring.

The mind is a demon of differentiation and division that creates the illusion of separation.

The mind is in continuous motion as impressions and reactions and associative cognition.

The mind analyses and labels and organizes.

The mind as the movement of thought is time in a conceived space.

The mind is endless shades of relativity.

The mind is desire—the mind without desire is no mind.

The mind is the world and the world the mind.

The mind creates laws to govern and protect and control.

The mind is either inclined toward order or chaos.

The mind is individual and personal though based on universal impersonal cognitive dynamics.

The mind is a dreamer dreaming a dream, spinning a tale, weaving the endless web of illusion.

The mind is a zero and creates endless zeros in Oneness Consciousness.

The mind is a mere illusory appearance in and superimposition on Consciousness.

The mind in motion is illusion and when motionless absolute Consciousness.

The mind turned outward is the ego body world cosmos and turned inward, absolute Consciousness.

As we think, so we become, and the world mirrors what we think and feel.

Positive thinking creates positive experience and negative thinking creates negative experience.

What we accept or reject determines the quality and tenor of our experience and future.

Experience is determined by actions reactions intentions and so on.

All live in the world according to preconceived ideas and beliefs.

All live in their own individual world and reality—all live in their own sphere, encapsulated in a bubble of illusion.

All mental modes of the mind are an illusion.

There are three mental modes in Consciousness: simple awareness of thoughts and perceptions; being engaged with but unattached to thoughts and perceptions; and being identified with thoughts and perceptions.

Instinct intellect inspiration intuition insight and illumination are modes of the mind, all beginning with the letter 'I' (as in false-I) in an ascending order of fineness. All mental modes are imaginary states of the mind and an illusion and a zero and nothing.

Insight is finer than intuition, and intuition is finer than inspiration, but illumination surpasses insight, as it is a perpetual state of insight and the highest and most refined mental state possible. Both insight and illumination alone exist in the pure/enlightened mind.

Instinct is the densest mental mode, and the intellect that is higher than instinct brings one into the rational sphere of logic and reasoning that is fundamental to civilization and science, but it is inspiration that enlivens and elevates the intellect. From inspiration, in an ascending order, follow intuition and insight and illumination that lead to transcendent Realization beyond the mind.

Realization is not a mental mode or state and is transcendent of the mind as Reality Experience that is Self Knowledge.

When the One Self is Realized imagination and ignorance and illusion vanish—the Veil of illusion vanishes, and all sorrow is dispelled.

The mind is Maya.

Everything is an illusory emanation of Maya mind and happens by the Power and Will of Maya.

The infinitude is a mirage and all experience an illusion created and projected by Maya mind.

Everything is the mind. Everything is Maya. All is illusion. All is a zero and nothing.

The fulfillment of the mind's destiny is its annihilation.

The aim and culmination of Creation is the annihilation of the mind and all illusion, and the Realization of Reality—the One Self.

It is the human being who alone turns within to the One Light of Consciousness that is the infinite eternal One Self. This turning within is the spiritual path and journey that is the gradual dissolution of the ego mind in an ascending order of finer purer mental grades and levels, leading to the annihilation of the ego mind and the full unveiling of Consciousness as the Reality and Self. The annihilation of the ego mind is Waking from the Dream of Maya, and Liberation from all ignorance and illusion.

The mind comes into existence in order to be annihilated—annihilation of the mind is preordained.

The mind that is the *bubble* of illusion in the boundless One *Ocean* of Consciousness is pierced by Oneness Grace and instantaneously vanishes. Absolute Consciousness is the limitless Reality that is the One Self.

Maya and all illusion vanish with the annihilation of the mind.

Annihilation of the mind is Liberation that is the absolute Bliss of Freedom and alone bestowed by Oneness Grace.

There is no Liberation from all that is false and illusion without Realization of one's real Identity. There is no real fulfillment and completion without Realization of one's eternal Nature. And there is no Reality Experience without the annihilation of the mind. And foremost there is no Realization that is Liberation without the Grace of the One.

The mind is the Veil of illusion as well as the servant of the One. In time the mind surrenders to its preordained annihilation to rise as the *Phoenix* of absolute Consciousness, the darkness of delusion and illusion vanishing in the limitless One Light of Reality.

Liberation is to be esteemed above all else, for in the dissolution of the mind the One Self that is the Reality Shines in absolute Fullness and Freedom.

It alone is Oneness Grace in all Its forms and ways that Awakens and Liberates all from ignorance and illusion.

It is only when the mind is annihilated that Maya and all illusion vanish and Reality Shines, unveiled.

Our dissolution is the unveiling of That which ever Is Here and Now.

Our ultimate destiny is final surrender to our primal nonexistence by the Grace of the One.

All mental modes are illusions.

Insight is divine thought.

Insight is a mental mode that is a clear pointer to Oneness Truth.

Insight powerfully aligned with Oneness Truth is a pure/enlightened mental experience, difficult to translate into words.

When we are aligned with Oneness Truth insight abounds.

Insight penetrates and clearly sees and precisely knows in an instant.

Insight suddenly appears like a light turned on in the dark.

Insight of any sort is a clear certain knowing via pure subtle thought.

Insight can see *into* anything and everything.

Insight confirms the truths we have faith in.

Insight is essential for spiritual clarity that is dynamic.

Insight opens *doors* to keen and vast spiritual comprehension and purifies and elevates the intellect.

Insight is aligned with wisdom—true wisdom is founded on insight and illumination.

Insight is finer than intuition, and intuition is finer than inspiration, but illumination surpasses insight, as illumination is perpetual insight as divine feeling that is the highest most refined mental state possible. Both insight and illumination alone exist in the pure/enlightened mind.

Illumination transcends thought, while insight is pure thought that is divine. Illumination is divine feeling on the highest mental plane.

Instinct is the densest mental mode, and the intellect that is higher than instinct brings one into the rational sphere of logic and reasoning that is fundamental to civilization and science. But it is inspiration that enlivens and elevates the intellect. From inspiration, in an ascending order, follow intuition and insight and illumination that lead to transcendent Realization.

Instinct intellect inspiration intuition insight and illumination are all illusory mental modes that spring from the I-thought.

Realization is the culmination of the spiritual ascension of the mind and its dissolution.

The annihilation of the ego mind is transcendent Realization that is Liberation.

It is the human being who alone turns within to the One Light of Consciousness that is the infinite eternal One Self. This turning within is the spiritual journey that is the gradual dissolution of the ego mind in an ascending order of finer purer mental modes and levels, leading to the annihilation of the ego mind and the full unveiling of Oneness Consciousness as the Reality and Self. The annihilation of the ego mind is Waking from the Dream of Maya and Liberation from all ignorance and illusion.

Abandon the I-thought and all mental modes and abide in/as the absolute Silence of Being Awareness Bliss.

The ego veils the One Self.

The ego is the Veil of illusion.

The ego has a beginning and an end in illusion.

The ego is the finite false 'I' that veils the immortal One Self that is the infinite real 'I'.

The ego must *go* for the One Self to fully Shine, unveiled.

The ego is ignorance in illusion and a zero and nothing.

The ego is the original primal lie from which all other lies spring.

The ego is the *knot* that ties the body to the mind.

The ego rules the world via the five bodily senses and the sixth sense that is the mind extended endlessly in all directions.

The ego is invasive and inclined to leave its imprint on everything thus tainting all that it touches.

The ego and mind are one and the same.

The ego is mere fiction.

The ego is created by thought and an abstract mental construct.

The ego is a mental abstraction and a protracted contraction.

The ego is a powerful creation and projection of the mind that is sustained by memory.

The ego is a dynamic thought-form, like a ghostly existence.

The ego is a false identity that springs from erroneous assumption and belief.

The ego is the underlying force of thought.

All thought has ego.

The ego has unrivaled power of creation and destruction as thought.

The ego is based on the illusory past looking toward the elusive future.

The pretentious ego is both an assumption and presumption.

The ego is a mere mental construct that seemingly has a life of its own.

The ego is the I-thought.

The primary I-thought is the original and root thought from which all other thoughts spring. This dominant I-thought is the ego and driven by the ego. When the ego I-thought ceases all thought ceases along with it, as well as the body mind world cosmos.

With the dissolution of the I-thought, the ego vanishes.

Seek the source of the I-thought and it vanishes in its Source—Consciousness—that is ever transcendent of the ego body mind.

The ego is the false-I that is the I-me-mine and I-you-it.

The ego I-me-mine is an absolute fixation.

The ego is cultivated and magnified by thought, thus thought can never eliminate the ego that is the I-thought.

The ego is based on identification with the body.

The ego is *I am the body* identification that springs from ignorance and creates and sustains the illusion of separation.

Identification with a form or body is universal in the realm of illusion.

The ego that has no form takes the body as its own and flourishes thereby.

The ego is imaginary and a mere formulation that subsists on form.

The ego is active in the world for the sake of the body.

The ego as body identity keeps all bound by desire and fear.

The ego as body identity is conditioned and limited.

The ego is the driving force of the body and the axis of the mind and all ignorance.

The ego as intention drives the body and creates life and living in the world.

Drop the ego and the world vanishes.

The ego is the primary agent of all experience.

The ego is the doer and owner.

The ego is the *game of life*.

The ego idolizes itself.

The ego has a story and history and is engrossed in and defined by it.

The ego seeks name and fame.

The ego is deeply attached to identity self-image and self-esteem.

The ego defines itself as inferior or superior or equal to others.

The ego is the superior authoritarian.

The ego is the critic and judge and assumes itself as righteous.

The ego may be good or bad or both and is ever tainted by differentiation.

The ego is a slave of desire and a captive of fear.

The ego is its own fortress in the world.

The ego is the controller and dictator.

The ego is the conqueror and victor.

The ego intently seeks survival security and conquest.

The ego creates boundaries and walls to wage its perpetual battle of offense and defense.

The ego is devoted to self-improvement and given over to self-help programs.

The ego adopts attitudes personas and roles—such as leader martyr hero rebel victim peacemaker and so on.

The ego is ever the rationalizer.

The ego is the ultimate lie and liar.

The ego is Satan.

The ego is the root of all vice misery and suffering.

The ego keeps the world of illusion spinning.

The aim and goal of the ego is final victory.

The ego is a mere fiction.

When ignorance is recognized for what it is, when the illusion of the ego is discerned, when the ego is clearly seen as an imposter, our real Identity as the One Self is known. Unlike the ego, the Self has no story or history and is ever the immortal Unborn that is transcendent Oneness Reality.

The transcendent One Self is purposeless Perfection. It alone is the ego that has purpose intention aim and direction, with final victory as its goal. But victory is never final as illusion offers only limits and change.

Insight into the nature of the ego can solve all puzzles, unravel all tangles, and unburden unbind and free one.

When the ego is ignored it dwindles and dies. It is imperative not to believe in or bow to the ego.

Life and living in alignment with Oneness Truth Frees us from the ego and all ignorance and illusion.

Go to the Source of the ego—Consciousness—and find it nonexistent.

Be at the One Source—Consciousness—and the ego dissolves in It.

The ego appears and disappears in Consciousness, the One Self.

Consciousness—the One Self and Reality—is egoless and transcendent of the mind.

Mere Being is the egoless stateless State of Oneness.

The ultimate and preordained destiny of the ego is final surrender to its primal nonexistence by way of Oneness Grace that is the Power of the One.

When we realize that we have no real power or volition and that all is in the Perfect *Hands* of the One Power that is Grace, we surrender to/as Oneness, and our dissolution is the unveiling of That which ever Is Here and Now.

The dissolution of the ego is the unveiling of the One Self that is ever Here in the eternal Now of Oneness Perfection.

The body is the Shadow of the One.

The body is inert and never says I AM.

The body cannot exist apart from the One Self that is absolute Consciousness.

The body is matter/energy and temporal and limited.

The body is our instrument for functioning in the world.

The body is born and changes and dies.

The body is a finite organism and like all organic matter deteriorates and dies.

The human body is crowned with the brain coexistent with the mind. The brain is the center of the nervous system, and where the electronic impulses that create thought are contained and the body and mind and environment are coordinated, and where the *Spirit* of life and living fundamentally springs. The human is the Crown of Creation and it is from the brain/mind that the Creation springs.

The heart is the center and *force of life* in the body; and the lungs breathing universal air in and out of the body is the *breath of life* and coordinate with the mind that is the sixth sense extending endlessly in all directions like the wind; and the *belly of fire* is the body's demand for the intake of water and the fruits of the earth as *food is life*.

With a loss of blood there is potential loss of life, and with a lack of air there is potential loss of life, and with a lack of water and nutriment there is potential loss of life—the *Spirit* of life resides in the heart and lungs and belly coordinated and controlled by the brain/mind.

The five senses* of the body are the vehicle for perception, as is the sixth sense that is the cognitive part of the brain. The eyes see, ears hear, nose

smells, tongue tastes, skin feels, and the brain perceives thought and all that comprises the mind. All perception—sensory and cognitive—is taken hold of by thought as experience.

**A physical sensory activation of a sensory organ and its nerve impulse signaling information to the brain that is processed as image sound smell taste or touch becomes perception that is mental experience. It is vibrations chemicals or molecules that activate the five sensory organs.*

The body is composed of the five essential elements—earth water fire air ether—that form the five sensory organs and their respective sensations. The body is a reflection of the cosmos—the body is made of stars and oceans and so on. The body and cosmos are coexistent interconnected intermixed as one.

The ego body mind world cosmos appears and disappears as one. The body does not exist apart from the world and cosmos, and the body world cosmos do not exist apart from the ego mind, and the ego mind does not exist apart from Consciousness. There is nothing apart from Consciousness—Consciousness is the One Source Substratum Substance of everything and all that seems to be or exist. Consciousness alone ever Is.

Life and living for humans is based on: obtaining water and food and preparing and consuming it; the protection and maintenance of the body and family; and mating and caring for offspring and family. Humans are biologically programmed to survive; therefore, security is an issue for most due to the inherited drive for both physical and psychological survival.

Nature is a food chain that is the energy source for all species of life—forms consume other forms, bodies consume other forms and bodies, for energy sustenance and life.

The food chain exists in the gross material sphere, although there is subtle energy consumption and transformation in life and on all levels of cosmic existence.

Killing or destroying for consumption to sustain life is the fundamental basis of sentient life. It is impossible to be truly nonviolent in life—merely breathing destroys. Life is creation and preservation and destruction.

All humans are uniquely genetically programmed and individual.

Everyone has a thumbprint that is uniquely individual and unlike any other. Everybody is individual and unique and a reflection of the endless diversity and variation of the infinitude. There is no one exactly the same as another.

The body is assumed as our primary identity, along with the ego mind.

Body-identity is mortality.

We are not the body nor is the body ours, nor are we the doer or enjoyer. We are the immortal One Self that is the Witness Seer of everything that seems to be or exist.

If the 'I' is assumed to be the body, the world and cosmos are external real and separate.

The body is activated and driven by the ego mind.

When we take the body to be real then there is a multiplicity of individuals and forms in the world, but if we recognize the body to be unreal then everything is an illusory superimposition on Oneness Consciousness.

Lust for and attachment to the body and sense objects is the basis of life for most, and yields pleasure as well as pain.

Self-image based on the body is idolatry. The widely prevalent cultivation of self-image is based on the desire for attention acceptance security and esteem.

The ego and world idolize and worship the body and create idols to worship. Humanity has various idols and has always been susceptible to or enmeshed

in idolatry and superstition of all sorts. Often such activity is either so subtle or such a familiar thing shared with others that it goes unnoticed. Idolatry is ingrained and embedded in culture and society. We live conditioned in a conditioned world.

Finite form can never experience infinite indivisible formlessness.

Know the finite mortal body to be unreal, and naturally abide as the infinite formless One Self that is absolute Consciousness.

Absolute Consciousness is the formless immortal One Self that is the limitless Reality transcendent of all form and formulation.

The body is made evident possible and sentient by Consciousness.

The body appears and disappears in Consciousness.

The body is an illusory superimposition on Consciousness.

For the immortal One Self the existence or nonexistence of a body makes no difference.

There is no body in deep sleep or in formless Oneness.

Detach from the body and Be ever Here in the eternal Now of formless Oneness.

Death is the *great dissolution* that is but an illusion.

Death is a *golden* opportunity, for in death all beings return to their Source—the One Absolute. All that emerges from the One Source returns, like all rivers run to the sea, all rivers flow to their ultimate destination, the ocean.

Death is the great leveler—death is the great equalizer. All lose all that they possess in death. *Dust to dust, ashes to ashes* is the final image and message of death.

Death entails the absolute release of the body and dissolution of the persona and is the *golden* opportunity for certain and instant Liberation from the ego mind and all delusion and illusion.

Death is a radical surrender to the Unknown that is Liberation from the known. That which is known is transient and illusory, while the eternal Unknown is the transcendent One Reality and Self.

The mortal false ‘I’ perishes to arise from the ashes as the immortal *Phoenix* that is the real ‘I’ and Shining One Self, unveiled. Upon death all Wake from the dream of mortality to the One immortal Self that is the Unborn and Uncreated. All are Liberated from Maya by Oneness Grace.

All—no matter what conditions or state of mind at death—dissolve in/as the One Absolute by way of Oneness Grace. All Realize the immortal One Self upon the death of the body—all are Liberated as transcendent Oneness Freedom.

If there is attachment at the instant of death, spontaneous powerful purification on a subtle level dissolves all impressions inclinations and desires, just as water in a mirage in the desert vanishes upon close inspection.

The death and dissolution of all illusion is to be celebrated—birth and life and death are all the illusory Dream of Maya. It is Grace that Awakens and Frees all at death from all delusion and illusion.

We are born into illusion and Liberated upon death, yet birth is celebrated and death, mourned.

Death is a delusion that comes from identifying the ‘I’ with the mortal body. The ego takes transient flesh as ‘I’ and veils the immortal Unborn—the One Self. Birth and life and death pertain only to the body and not to the Self. The false identity as the ego body mind dies with the death of the body.

Some intuit or even Know their immortality and never feel the *shadow of death* in their lives, but those who identify with and are attached to the mortal body feel the *shadow of death* and fear it, for death is their demise.

Dying may involve physical pain but this pain and suffering is an opportunity for detachment and disassociation from the body and persona during the death process.

Throughout life we experience *mini deaths* of all sorts. A spiritual practice for some is to practice *death in life* that entails a loss of ego or even a shift that is a turning to the One Light or even the annihilation of the ego mind that is Liberation.

Some do not fear death because of faith or a conviction that heaven awaits them upon death. This faith or conviction of heaven is aligned with Oneness Truth that is the *Heaven* of Oneness Perfection. But the heaven that is the opposite of hell is an ego mind creation and projection that is ignorance in illusion.

Those who identify with Spirit welcome death as ascension or transcendence or even annihilation in/as the One Absolute. And those who believe in reincarnation do not ponder death or fear it, as another body and life await them in their future.

Reincarnation/transmigration is the belief in the false ego 'I' as a prolonged extension in space-time as rebirth in a body. The ego, identified with and attached to the body, deeply passionately desires personal victory—victory over death and all other enemies and victory in another life via reincarnation/transmigration.

In the one interconnected intermixed totality that is the infinitude there exists an endlessly vast, immensely complex, universal collective memory—like a genetic pool—of all lives over endless space-time. And there are those who somehow tap into this vast collective memory and accrue mental impressions that come to life in a dynamic energetic way so that the individual assumes and imagines that this experience is a personal past or future life, and from the standpoint that we are all the one totality this is correct, but to claim it as *mine* is incorrect.

There is no individual reincarnation/transmigration as such, but there is one incarnation as one individual facet of the totality that is *mine*—we are the one totality itself but experience one individual life that comprises it. We are either everything or nothing, but essentially both these stances spring from illusion. There is only the infinite eternal One, and the one totality that is the infinitude is Its Shadow.

There is no birth or rebirth, nor is there death. The one interconnected intermixed totality that is the infinitude is but an illusory superimposition on the One Absolute and but a passing dream.

It can be said that there is transmigration as a *living on*, just as genetic imprints live on and determine the body persona and life—genes pass on and manifest. Yet everything is but an illusory creation and projection of the ego mind, including the belief in individual reincarnation held by many over time but still to be relegated to ignorance in illusion like all other beliefs.

We ever are the immortal One Unborn and Uncreated. Embodiment and individuality is an illusion that appears and disappears in Oneness Consciousness. Birth is the emergence from the One Source and death the return, and ever-changing life an illusory superimposition on Oneness

Consciousness and but a dream. All beginnings and endings are an illusion and but an evanescent dream.

All are essentially innocent and blameless in ignorance. All are worthy of Liberation, having had no real power volition or option in life. It is Maya that predetermines and controls every aspect, every iota, of the illusory infinitude. There is no power or will other than the One Power and Will of Maya. Everything is an illusion in the *Grand Illusion*, everything is an illusory appearance that dissolves into the zero and nothing that it is.

All live in a web of illusion and dissolve upon death, yet death too is an illusion, as are birth and life and living.

Be ever Free as the immortal One Self that is Reality transcendent of the ego mind and all ignorance and illusion.

The One Absolute alone ever Exists.

The immortal One Self alone ever Exists in Oneness Perfection.

Absolute Existence Awareness Bliss alone ever Is Here in the eternal Now.

The One Absolute alone ever Exists.

Awakening and Liberation and birth and death are all an illusion and a zero and nothing.

Awakening and all dreams and dreaming and dreamers are all an illusion and nonexistent.

The One Absolute alone ever Exists.

Liberation and life and living and virtue and vice and transcendence are all an illusion and nonexistent.

The One Absolute alone ever Exists.

Relativity and separation and the ego body mind world cosmos are all an illusion and nonexistent.

The One Absolute alone ever Exists.

All forms, all bodies, all beings, all that changes and has a beginning and an end, are all an illusion and nonexistent.

The One Absolute alone ever Exists.

Generation and dissolution and transformation and ascension are all an illusion and nonexistent.

The One Absolute alone ever Exists.

Multiplicity and diversity and conditions and qualities are all an illusion and nonexistent.

The One Absolute alone ever Exists.

Everything and all that seems to be or exist is an illusion and nonexistent.

The One Absolute alone ever Exists.

The One Absolute that is the immortal Self alone ever Exists in the absolute
Silence of Oneness Perfection Here Now.

Humans have three illusory bodies.

Each individual is one living unit with three coexistent bodies that perform their respective functions in coordination and harmony with each other.

We have three bodies: the gross/physical body and the subtle/energy body and the mental/causal body. These three bodies are coexistent coordinate interconnected and appear and disappear as one. All three are the Veil of illusion and Shadow of the One and a zero and nothing. All three are a superimposition on Oneness Consciousness and pervaded by Consciousness.

The gross body is the densest veil, and the subtle body is a finer veil, and the mental body is the finest, least dense, veil. The One Light of Consciousness Shines through the gross veil the least, and the subtle veil more, and the mental veil the most, to the point that some who are on a pure/enlightened mental plane think/feel they are Realized but in actuality are still connected with the I-thought and mental body. Only when the mind is annihilated does the Veil of illusion vanish and Oneness Consciousness Shine, unveiled.

All humans are full but veiled Consciousness, and all have a gross body and subtle body and mental body. Most identify primarily with the gross body and also the mind; and some do not identify with the gross body but with the subtle body and the mind; and a few identify only with the mental body that is the pure/enlightened mind. And a rare one does not identify with any body or the mind but only with the formless One Self that is absolute Consciousness.

The three bodies have their respective three worlds in ascending planes of experience that are a mind creation projected onto the *Screen* of Consciousness. Everything is Maya mind—all is Maya's Dream.

Identification with the gross body and gross world is dense experience; identification with the subtle body and subtle world is subtle experience; and identification with the mental body and mental world is divine experience. Only Oneness Consciousness is absolute Experience as Self Knowledge that is Reality Experience.

The gross body is inert and has no I AM Consciousness.

The gross body is a reflection of the cosmos and made of the five essential elements—earth water fire air ether—and the stars and oceans and so on. The gross body is a splendid structure mechanism and tool for the human creative spirit and its deep and profound urge to know and experience.

The gross body's brain* and nervous system is a perfect medium for Realization of the One Absolute that is limitless Consciousness.

**In heightened pure states of mind akin to Oneness Experience, neuroscientists have found that the brain becomes hyper-connected and regions of the brain that normally have little to do with each other become linked—the brain is more interconnected. Scientists do not know what Consciousness exactly is and where it comes from, and they never will because Consciousness is formless and nonmaterial and not an object that can be observed and measured.*

The gross body is made of matter and is inert dense limited and temporal. The body is born changes deteriorates and dies and is the medium for sensory experience and the vehicle for life and living. Most identify their existence and sense of self with the gross body that is uniquely individual*.

**There is no thumbprint in existence that is exactly the same as another. Everybody is individual and unique and a reflection of the nature of the infinitude—infinite variation and differentiation.*

The body is dependent on air and water and nutriment and protection from the elements for its survival. The primary focus of those whose identity is the gross body is on the protection and maintenance of the body and also sex and reproduction. The body is biologically and genetically programmed.

The body is confined and limited by its natural properties—it comes, it lingers awhile, and then it goes—but the One Self neither comes nor goes.

The ego body mind world cosmos is interconnected as one. The brain body world cosmos is in the ego mind and the ego mind is in Consciousness.

The body is not evident or possible without Consciousness, nor is it apart from Consciousness. The gross world is dense and based on dual subject-object relativity and an illusion and a zero and nothing.

The subtle body is the link between the gross and mental bodies.

The subtle body is finer and less limited than the gross body. The subtle body is an energetic form and structure that is the manifestation of mental impressions inclinations and desires, thus also called the desire body. The subtle body is a vital force and powerful energy that imbues the gross body with the *force of life*.

The subtle body is connected with the gross nervous system and brain/mind and has three main energy channels—*nadi*—running along both sides of the spine and along the spine itself on up into the brain to the top of the head, through which vital force and energy flows; this energy also flows through a network of connecting channels.

There are seven concentrated points along the central *nadi* that are called chakras. It is in this chakra channel that the subtle kundalini* energy runs. The subtle body also has five internal subtle senses that correspond with the five external senses of the gross body that far surpass gross sensory experience in brilliance beauty and intricacy. Subtle experience is magnified and immensely blissful and powerful.

**The term kundalini stems from yogic philosophy and is defined as an indwelling shakti—power/energy—that can be awakened to purify the ego body mind and ultimately terminate in Union with the Absolute.*

Kundalini is described as dormant potential force coiled at the base of the spine like a sleeping serpent, and its awakening as an ascending movement

along the central channel up to the Crown chakra located at the top of the head, to permanently reside there.

Kundalini is the power of intense desire and enormous energy latent in a human being. Various yoga systems practice meditation mantra breathing and posture exercises to awaken kundalini energy.

Some who practice kundalini yoga have kundalini experiences—experiences of the subtle or mental worlds. Some who are on the spiritual path but do not practice kundalini yoga have temporary experiences of the subtle or mental worlds. Some who are not on the spiritual path and have no spiritual practice have sudden temporary experiences of the subtle or mental worlds. And there are those who are stationed in the subtle or mental world and have permanent experience of that world.

All identified with the subtle body and stationed in the subtle world have a vast command of energy and are able to perform supernatural acts and miracles. Some bring others to their level. All are disassociated from the gross body and world but still associated with the ego I-thought and the mind and desire, so must beware of misusing their tremendous power. Identification with the subtle body and world is a *turning within* to the limitless One Light of Consciousness and is the beginning of the dissolution of the ego mind. The subtle world is supernatural experience that seems divine but is nonetheless subject-object experience that is relative and subjective and an illusion and a zero and nothing.

The astral body and world is the link between the gross body and world and the subtle body and world.

Only those identified with the gross body and world experience the astral body and world. The astral sphere is like an imprint of the subtle over the gross, but neither gross or subtle.

Some recollect dreams that are astral world based and some are conscious of the astral body and world and astral-project. Those who experience the near

death of the body may enter the astral world for a brief time. Heaven and hell are experienced in the astral world but are only temporary experiences called near death experiences.

Those who identify with the subtle body and world or the mental body and world are disassociated from both the astral body and world and the gross body and world. The astral body and world is an illusion and a zero and nothing.

The mental body is the seat of the mind.

The mental body is also called the causal body because it stores the seeds—causes—of all desires. It is the *storehouse* of all impressions/seeds and inclinations and desires. The mind is the source of desire. Impressions inclinations desires and memories form the ego mind. The actual manifestation of these impressions* inclinations and desires take place in the subtle body and is expressed via the gross body and the brain/mind.

**Impressions are imprints that are akin to genes. Impressions—genes—determine the qualities of the gross body and life experience as a whole. Also, impressions determine which body we associate and identify with—gross or subtle or mental. If there are no impressions there is no Veil of illusion—no ego body mind—and That which alone ever Is Shines, unveiled.*

The ego mind is formed by the impressions of past experiences and actions. The mental body is a reservoir of latent impressions inclinations and desires that determine the overall state and quality of the ego mind that is continuously being directed changed and modified by them, all the while accruing new impressions. This dynamic creates the karma of action and reaction that keeps the wheel of karma revolving.

Those who identify with the mental body and world are dissociated from both the gross and subtle bodies and worlds. Those who experience the high mental level of the pure/enlightened mind and the inner planes of the mental world See Oneness everywhere and in everything yet still identified with the

mind do not experience the One Absolute as their real Identity. Although there still is the I-thought, it is very faint and minimal.

These are the enlightened and illumined ones who have full mastery and command of the mind. Their mind and heart are pure and in alignment with Oneness Truth and although they have complete control of desire are not desireless as the One and because they still have the I-thought, they are not absolutely surrendered to/as the One. Their thoughts and feelings are divine, and they are able to read the minds and hearts of others, and some bring others to their high level.

The mental world is one of mastery and is the zenith of divine experience but still relative and subjective and an illusion and a zero and nothing.

The One Self is formless and Free.

So long as there is misidentification with a body and the ego mind there is ignorance that obstructs Realization of our eternal Nature and real Identity as the formless immortal One Self that is transcendent Oneness Freedom.

The One Absolute is transcendent of the ego mind—it is when the ego mind is annihilated that illusion completely vanishes and Reality Shines as the One Self.

Annihilation of the ego mind is absolute Oneness Experience that is transcendent Freedom and Liberation.

It alone is Grace that Awakens all and bestows Liberation.

We are transcendent Freedom in the Here and Now of Oneness Perfection.

Deep sleep and waking and dreaming are three revolving states we experience each day.

There also is a fourth stateless State that is the transcendent One Witness Seer that is referred to as *wakeful sleep* since as in deep sleep there is no ego body mind world cosmos. The Witness Seer is the transcendent One Light of Awareness that *Sees* everything and all that seems to be or exist.

In deep sleep there is no I-me-mine or body mind world cosmos—deep sleep is the Emptiness of pure Existence, but unaware. Sleep comes when the body is tired and the mind weary or quiescent. Sleep is key for rest healing rejuvenation and fleeting freedom. In deep sleep one loses one's false identity and returns unconsciously to the Bliss of the One Self. All welcome and happily fall into the peace and freedom of deep sleep.

When mental impressions stir one to wake to the conscious awake state that is life and living as the I-me-mine in the world, the deep sleep and dreaming states dissolve—and thus rest and activity alternate in the revolving waking and dreaming and deep sleep states that pass before the One Witness Seer.

The dream state involuntarily occurs at various intervals of sleep when the subtle and mental bodies are active, but the gross body is unconscious. In the dream state when the body is unconscious there is no contact with the external world, but the ego mind is active in an obscure way. Similarly, in the waking state, the ego mind is active but projected outward as the body world cosmos. Dreaming is a dream within the *dream* that is the waking state. All is the Dream of Maya and an illusion and a zero and nothing.

It is mental impressions that project the three revolving states—waking and deep sleep and dreaming—onto the *Screen* of Consciousness that is the One Witness Seer and fourth stateless State.

When dreaming we wander about in a dream-body but when we wake from dreaming, where is the dream-body? Likewise, when we Wake from the dream of life and the world, where is the ego body mind world cosmos?

In deep sleep, when the body is unconscious and the ego mind absent and reduced to its causal state, nothing exists. This is proof that one's relative existence is but an illusory creation and projection of the ego mind and that the body world cosmos alone exists in the ego mind and is projected externally in the waking state.

In deep sleep there is no ego mind and in the fourth stateless State there is no ego mind—this proves that the ego mind and its creations and projections are all unreal.

In both deep sleep and the stateless State that is the One Witness Seer there is no ego body mind world cosmos. All that has form and name is but a concept and an illusion and a zero and nothing.

The deep sleep and waking and dreaming states do not exist in Oneness Reality.

Limitless Being is our eternal Nature.

Being Awareness Bliss ever Shines as the infinite eternal 'I'.

When the false ego-I dissolves in mere Being the real 'I' that is the One Self Shines, unveiled.

Being merely Is.

Everything that seems to be or exist is an illusory superimposition on Being.

Everything that seems to be or exist appears and disappears in the continuum of Being.

Being is the stillness of absolute Silence.

Being is egoless and purposeless.

Being is absolute Self Aware Bliss.

Bliss is our own Being.

Other than Being Awareness Bliss, nothing exists.

Being is limitless Oneness.

Being Awareness Bliss is Oneness Perfection.

Abidance in/as Being Awareness Bliss is Reality Experience that is Self Knowledge.

Being is Reality Experience, while becoming is an imaginary journey in illusion.

The conviction that Being Awareness Bliss is the One Reality and Self culminates in the dissolution of the ego mind and all ignorance and illusion.

Abandon all mental modes and abide in/as the absolute Silence of Being Awareness Bliss.

Mere Being and pure Seeing is Oneness Bliss in the eternal Silence of the Here and Now.



The One Light of Awareness is the Light of all lights.

The One Light of Awareness makes all material lights evident and possible, and is non-vibratory and ever unwavering, unlike material lights.

The One Light of Awareness is the One Reality that is the Self and Witness Seer.

The One Light of Awareness is absolute Intelligence.

The One Light of Awareness is formless unchanging and indivisible.

The One Light of Awareness is the continuum in which everything and all that seems to be or exist appears and disappears.

The One Light of Awareness is the Source of all the endless material lights* that light up the endless dark space of the cosmos.

**The light of the cosmos and world is electromagnetic radiation that exhibits properties of both waves and particles, which is referred to as wave-particle duality. Light and heat, as fire lightning stars and electricity, give and sustain life. There are various forms of light having varying wavelengths/frequencies—some visible and some invisible to the human eye. And it is color that materializes from the interaction of the spectrum of light with the spectral sensitivities of the light receptors of the human eye.*

The One Light is the Substratum on which all the endless lights colors and reflections are but an illusory superimposition and a zero and nothing.

Shining light is reflected off endless surfaces everywhere in the world and cosmos. This play of light with its endless reflections is a dazzling visual display of the interconnectedness of the one totality that is the illusory infinitude.

The One Light of Awareness illumines and outshines all material lights and objects.

The entirety of all the combined brilliance and radiance of all the endless material stars and luminaries is but an obscure reflection of the One Light of Awareness.

The One Light of Awareness is ever Here in the eternal Now of Oneness.



Time is relative.

Time is relative and inferred by the movement of objects in space, such as the sun in relation to the earth.

Time is the movement of thought in a conceived space.

Time is an illusory abstract mental construct created by thought and projected onto the *Screen* of Consciousness.

The movement of thought is time and ephemeral.

Stopping thought is stopping time.

Thought is time and the ego rising from Consciousness.

The ego and thought spring from the illusory past and look to an illusive future.

Thought ever remembers the past that is but an illusion and imagines the future that is but an illusion, while the fleeting present is the past quicker than the blink of an eye.

Everything and all that seems to be or exist is transient and ever changing and like time ever fleeting.

Everyone lives in/for time and that which is ever changing and an illusion and a zero and nothing.

Time is an illusion that dissolves in the ever present Here and Now.

Space is emptiness.

Space is the empty expanse in which objects change and move.

Space is emptiness and the coordinate relative to moving objects that are time.

Space, time's coordinate, is an illusion but the clearest finest reflection of the limitless Oneness in existence.

Space as space-time is a four-dimensional continuum, and as physical space it is three-dimensional.

Space associated with an expanse such as the sky is limitless spaciousness.

Space is an absence, like the space between two thoughts.

Space is homogeneous though it curves and is fluid.

Space is an abstract mental construct and an illusory apperception and experience.

Consciousness fully pervades space but is not pervaded by space.

Space like time is in the illusory mind, while Consciousness is all pervading yet transcendent.

Now is the unchanging axis and still point.

Here is the Now that is transcendent.

Now is ever timeless.

Here is the ever timeless Now.

The infinitude is the *Grand Illusion* that is but a zero.

The infinitude springs from a zero dimension point that is infinitesimally finite and expands endlessly as illusion.

The infinitude is fundamentally unified and superficially diversified and is one interconnected totality with everything absolutely relative to the point of being canceled and a zero.

The infinitude is one interconnected intermixed totality that is an obscure reflection of Oneness in the Mirror of Consciousness.

The infinitude is the *Grand Illusion* that is the Creation of Maya mind and a superimposition on Consciousness. Maya is the limitless Power of the One that creates illusion. Maya is the Almighty Creator and Cosmic Intelligence in charge of the infinitude.

The infinitude is Maya's Dream and but an illusion and a zero and nothing.

The infinitude is an illusory mind creation projected onto the limitless *Screen* of Consciousness, like a 3D movie. Maya—the Power of the One—creates a zero in conjunction with the ego mind that too is a zero and nothing.

The infinitude is limitless energy* that is never created or destroyed. Energy takes form as various differing energies and matter**.

**Everything is energy—energy is everywhere, even in a vacuum.*

Energy is a property of all objects—transferable by fundamental interactions—and can be converted into different forms of energy but cannot be created or destroyed. All the various forms of energy exhibit mass. Energy is the building block of matter.

The limitless energy of the infinitude is not to be confused with the limitless Power of the One, just as the fineness and imperceptibility of thought is not

to be confused with Consciousness. Energy is illusion and Oneness Power is Reality.

***The quantity of matter in ratio to empty space is minute. The material universe is barely material.*

All objects, including thoughts, are material mutable and vibratory.

That which is nonmaterial and immutable is non-vibratory—like Consciousness.

The infinitude is vibratory and harmonic—sound as vibration waves—in an infinite field of radiant energy—light as electromagnetic radiation in the form of particle waves.

The infinitude is a dynamic play of conceived coexistent opposites that define each other in the relativity of time and multidimensional* space** all based on dual subject-object relativity that is subjective experience.

**Four-dimensional space-time is too basic and simple a formula to use for deeper investigation and probing into the nature of the cosmos, but the exact number of extra dimensions is still in the process of deliberation.*

***Space, that was thought to be totally empty of atoms and molecules, contains a network of quantum energies that transmit information—called the Zero Point Field. Research is working to find a way to harness this energy. This discovery gives a basis for paranormal phenomena.*

The infinitude is an endless thrust and stream of infinite variation—a vibrating multiplicity endlessly multiplying itself to Infinity, fundamentally unified and superficially diversified.

The infinitude is frequential harmonic vibratory Cosmic Intelligence* as endless energy ever in motion spinning** rotating emitting endless *baby universes* in the form of circles bubbles most of which pop and infinitesimal one-dimensional superstrings*** vibrating in resonant frequencies that correspond with coordinate infinitesimal zero-dimensional point particles in

harmonic unity and waves forces fields atoms molecules matter****
 chemicals elements planets suns moons minerals metals cells organisms
 humans celestial beings spheres realms worlds stars galaxies universes
 structures systems dimensions in natural symmetry***** of balance
 harmony expansion contraction attraction repulsion appearing disappearing
 changing connected interconnected intermixed to the point that the infinitude
 is one totality with everything absolutely relative to the point of being
 canceled and a zero.

**Maya—the Power of the One Power—is the Almighty Creator and Cosmic Intelligence in charge of the infinitude.*

***Everything in the cosmos is in motion, spinning rotating, from atoms to galaxies to universes. Most things spin on their axis and revolve around some central object, such as the spinning earth revolving around the sun, and the solar system along with the sun and earth is also revolving.*

Atoms spin and revolve. Spin is what makes an atom an atom. Spin makes the world go 'round. Wheels turn on vehicles and in watches and factories and so on. Everything has spin and is in motion. Spin is fundamentally at the foundation of why everything is the way it is and works. That which holds all things together also drives them into motion and this fundamental spin to things allows energy to move freely throughout all bodies in the universe and in all systems. Fundamental force of momentum in the vacuum itself forces things to spin. The force of spin is embedded in all things.

****There are several versions of superstring theory, but any superstring theory is an attempt to explain all the particles and fundamental forces of nature in one theory by modeling them as vibrations of super-symmetric strings. Superstrings are infinitesimal one-dimensional filaments of energy and universal intelligence—some hundred billion- billion times smaller than a single atomic nucleus—that are shaped like strings (maybe in the shape of loops) that vibrate at resonate frequencies in differing patterns, like a violin string. Each string has a unique resonance, harmonic, that produces particular point particle properties—different harmonics determine different fundamental particles. For instance, one string vibrating in a particular*

pattern will have the mass and electric charge of an electron and is what is traditionally called an electron, and another string vibrating in another particular pattern will have the requisite properties to be identified as a quark or a neutrino or any other kind of particle. All species of particles are unified in superstring theory since each particle arises from a particular vibrational frequency or harmonic of a superstring. One of the vibrational states of a string gives rise to the graviton, which is a particle that mediates gravitational interactions.

Superstring theory proposes the fusion of general relativity and quantum mechanics and is mathematically sensible only if based on nine spatial dimensions and one time dimension.

There also is the more radical and robust M-theory that unifies the more consistent versions of superstring theory and requires ten space dimensions and one time dimension, a total of eleven space-time dimensions or eleven-dimensional supergravity. These dimensions are not discernable and may be so tightly crumpled that existing equipment is at a loss to observe them, or they might be entirely invisible to the ways the universe is probed. This crumpling is called compactification, where the extra dimensions are assumed to close upon themselves to form circles. In any case, the extra dimensions explain some mysteries and also show that those features of the cosmos that were thought to be readily assessable to the human senses need not be.

The fundamental objects of M-theory are not only superstrings but also branes and D-branes. A brane is a physical object that generalizes the concept of a point particle to higher dimensions. For example, a point particle can be viewed as a brane of dimension zero, while a superstring can be viewed as a brane of dimension one.

*****The quantity of observable matter in the universe is minute in ratio to empty space. For instance, atoms are 99.999999999% empty of matter, which proves the assumed solidity of the world to be a subjective experience and an illusion. Everything is energy, and matter is energy vibrating at a lower speed in the form of moving particles or vibrations and waves. Matter*

exhibits both wave and particle properties—wave-particle duality. Matter is made of molecules and atoms that are made of sub-atomic particles. All particles, except photons, have mass and usually volume. Matter may disappear by conversion into energy and can also be created from energy; however, because mass, like energy, can neither be created nor destroyed, the quantity of mass and the quantity of energy is the same.

Matter does not have a universal definition nor is it a fundamental concept in current physics. The common definition of matter is that which has mass and volume and is a closed system occupying space; thus, light and massless particles and fields are part of matter.

Ordinary matter is made of quarks and leptons. There also is dark matter/dark energy and anti-matter and exotic matter. Ordinary matter as quarks and leptons constitute only 4% of the energy of the observable universe and the remaining energy is thought to be due to exotic forms of which 23% is dark matter and 73% is dark energy. Dark matter is matter of unknown composition that does not emit or reflect enough electromagnetic radiation (light) to be observed directly, but whose presence can be inferred from gravitational effects on visible matter.

******Symmetry underlies the laws of the universe. Symmetry is the basis of the balance order and harmony in the cosmos. Classical beauty is balanced proportion and perfect or elegant symmetry.*

The illusory infinitude is the Veil of illusion and Shadow of the One Reality and but a zero and nothing.

Science is discovering and proving that what we assume about the nature of the cosmos and reality is an illusion. For instance, it is a proven fact that the cosmos is fundamentally unified and superficially diversified and one interconnected intermixed totality with everything absolutely relative to the point of being canceled and a zero.

The cosmos is an illusion—the cosmos is a zero.

The Realized and mystics have declared for thousands of years that duality and relativity and space-time and the universe and mind are all an illusion, while Reality is Oneness transcendent of the senses body and mind, a statement now accepted by scientists as fact. For instance, both quantum physics and molecular biology state that separation is an illusion, and quantum physics proceeds further to state that not only space-time is an illusion, but the universe also is an illusion. In fact, physicists are coming up with theories based on mathematics and evidence based on observation that not only confirms but surpasses in magnificence and extravagance what any mystic occultist or philosopher has ever stated or alluded to.

The mind, based on dual subject-object relativity that is subjective experience, divides the Oneness of the timeless Now into three aspects of time: past and present and future. Has any one moment of time ever been effectively and definitively measured? Currently, there are many theories about what space-time is, but the one certainty is that it is relative and illusory.

Time is not only an abstract mental construct, it is psychological and an individual subjective experience—for instance, there is no time in the higher realms. People live and schedule according to the movement of their watches and the sun. The sense and use of time is in relation to things in motion, otherwise it is purely subjective or nonexistent.

The quantity of observable matter in the universe is minute in ratio to empty space. For instance, atoms are 99.999999999% empty of matter, which proves the assumed solidity of the world to be a subjective experience and an illusion. This fact is a basis for the possibility that other realms and

worlds, operating at different frequencies, exist in the same space as ours, just as different television and radio signals coexist.

There is a scientific hypothesis of the existence of parallel universes exactly like our own and connected. This notion is an attempt to explain why quanta behave erratically. It has been observed that subatomic particles or energy packets blink off and on, in and out of our reality. The question is where do they go when they are not here? Quantum physics suggests that when they are not in our reality, they are in other parallel universes that we are unable to sense or observe.

A paradigm for the fundamental unity of the universe has emerged in the study of infinitesimal* zero-dimensional point particles/quanta in quantum physics. A metaphor for this new view is the hologram** that projects what we see as three-dimensional, as the brain*** also does. An important intrinsic property of holograms is that the information that is contained throughout is contained within each unit—every unit projects the whole. Some physicists consider the universe to be holographic, and certainly the holographic principle will continue to play an important role in research.

**In the physics of creation, every atom can be divided into smaller and smaller and smaller pieces, infinitesimally minute, called quanta.*

***A hologram is a two-dimensional piece of etched plastic, which when illuminated with appropriate laser light, projects a three-dimensional image. It has been suggested that the universe itself might operate in a manner analogous to a hologram. The comings and goings we observe in the three-dimensional world might be holographic projections of physical processes taking place on a distant two-dimensional surface—we and all we do and see is akin to holographic images.*

****The brain automatically translates everything into three-dimensional physical/spatial experience, even though the cosmos has more than three dimensions. Space-time is four-dimensional: three-dimensional spatial experience has three aspects—up/down, left/right, and forward/backward—*

and one dimension of time—later/earlier. And there are purportedly more than four dimensions.

An observed phenomenon in quantum physics that supports the view of non-separation and unity is quantum entanglement-connectivity* on a level that is nonlocal, where all point particles are interconnected and influence one another even across vast distances. It had seemed that point particles communicate faster than the speed of light, which led to the idea that they exist and are connected on a level or in a way where there is no location, thus no speed is necessary or involved.

**Quantum entanglement-connectivity explains how paranormal phenomena operate and how it is that there is direct knowing, such as the reading of minds and clairvoyance clairaudience intuition insight and such.*

Connectivity is not just a property or reality—it is the property and reality. Connectivity among other things is constituent of the fabric of reality. There is experimental evidence of this, where random generators are influenced by intention and even attention as observation.

And it also has been discovered that point particles can travel from one point to another without crossing the intervening space—quantum tunneling*—thus, space-time as distance and matter are an illusion and nonexistent.

**Quantum tunneling may explain how teleportation works, which is already being experimentally demonstrated.*

In molecular biology it is stated that all cells in the human body communicate on a nonlocal level and thereby are interconnected.

Anyone can easily observe that insects, such as ants, communicate on a nonlocal level. Communication on a nonlocal level exists for all as an actuality or potentiality. The vast majority of humans because of assumed powerful beliefs do not experience nonlocal communication. It is a proven fact that individual human experience mirrors beliefs and focus.

There is a huge amount of evidence in various fields of science revealing that we are made of all that the universe is made of and that everything in the cosmos is interconnected intermixed as one totality that is a dynamic unified order in balance.

Everything exists in an intimacy of connection. There is no separation—no two things are separate. We all are interconnected and part of the same fundamental geometry from particles to the entire cosmos and made of the same stuff. Atoms and molecules and all of us are fundamentally made of stardust—all the atoms and molecules that make us come from stars.

The paradigm of macrocosm and microcosm* mutual reflection based on interconnectedness and the fundamental unity of the cosmos is well known. Science has taken a *quantum leap* in discovering and proving the fundamental oneness of all things, and the Internet has connected people and the world and is an unparalleled source of total information right at our fingertips.

**Macrocosm and microcosm is a paradigm that sees the same patterns reproduced on all levels of the cosmos, from the largest scale—macrocosm/universe—to the smallest scale—microcosm/point particles/abstract level. In this system the midpoint is the human, who is the epitome of and summarizes the cosmos.*

Quantum Mechanic physicists have discovered that observation impacts what is observed, which proves that the universe is not purely mechanical and operating apart from Consciousness and the mind. Quantum physics at the deepest levels evidences that Consciousness alone exists.

And some physicists propose that Consciousness is the Unified Field* and the source and *fabric* of the cosmos and even the ultimate reality that we in fact are.

**Relativity describes big things and quantum mechanics describes small things. The Unified Field is intended to be that which unites the big things and the small things.*

More to the point of non-separation is that Oneness Consciousness is the Unified Field and the One Source Substratum Substance of everything and all that seems to be or exist, and the continuum in which everything appears and disappears. There is nothing apart from Consciousness—Consciousness is limitless and alone ever Is. It is Consciousness that makes everything evident and possible, and without Consciousness there is no Reality or illusion. Only discerning discrimination and direct enquiry into the nature of Consciousness and the Self and mind will reveal what is real and what is unreal.

Science can never find and know the source of the universe by indirect means, such as observation or even mathematics. The structure and mechanics of the objective universe and all phenomena can certainly be observed and gleaned, but never its source, which is traceless. Consciousness is limitless formless dimensionless immutable indivisible and transcendent and will never be observed or traced as Consciousness is nonmaterial and has no source.

The universe sprang from a zero dimension point that is infinitesimally finite, but that is as far as it can be traced and comprehended. In any case, the universe is an illusion.

Science may well be the future universal *religion* unless technology takes over humankind. If technology takes over, humanity will lose its soul.

Nothing happens in the world unless Consciousness *observes* it. And all *happenings* are an illusion that is impossible without Consciousness.

Oneness Consciousness—the One Reality and Self—alone ever Is Here Now.

The illusory infinitude is mere foam on the boundless *Ocean* of Being.

The illusory infinitude is the Dream of Maya that is a mind creation and projection as countless words and concepts and images that keep us captive in ignorance and illusion, such as: space, time, universes, fire, dust, macrocosm, relativity, genes, diamonds, atoms, humans, lions, breathing, blue, infinite, stars, oceans, forests, clouds, internal, air, apples, mountains, rivers, origins, ecstasy, compassion, moons, light, pearls, foam, sand, wind, heart, actions, meander, dragonflies, gold, music, children, birth, grass, dimensions, stars, eagles, deserts, lightning, earth, animals, realms, fruit, subtle, desires, iridescence, risk, supernovas, vibrations, spheres, jewels, whales, ravines, circles, perceptions, bubbles, silver, chaos, chemicals, inclinations, rainbows, bronze, sparks, hills, evolution, worlds, triads, water, beings, gold, ether, roaring, caves, black, galaxies, bones, courage, love, frequencies, reeds, jasmine, rain, peacock, amethyst, sentient, rope, microcosm, helium, birds, circles, joy, meandering, terror, inspiration, white, distance, interconnected, death, imprints, seals, mathematics, giraffes, machines, ice, kindness, grass, dolphins, sky, ears, poems, cyclones, stones, electromagnetism, sapphires, rolling, patterns, rain, cold, songs, milk, impressions, eyes, tears, lifting, spray, words, mirrors, particles, darkness, abstract, paper, concrete, bees, hands, directions, ether, marble, women, harmonics, fissure, open, glancing, triangles, superstrings, red, uranium, men, strong, fan, evolution, ponds, black, radiance, nerves, fear, speech, ether, monkeys, waves, order, jumping, beginnings, height, sculptures, mercy, accord, copper, steel, purple, systems, waves, organisms, crystals, memories, indigo, angels, sounds, planets, triangles, snow, rivulets, designs, orange, arrows, spilling, explosions, implosions, cubes, spinning, tools, reactions, thunder, instruments, rubies, mixture, shells, construction, disconnected, oil, reaction, harmony, levels, root, ideas, temples, lakes, hawks, endings, volcanoes, tigers, forces, dancing, cells, stones, production, filter, swords, fields, association, thoughts, radiating, heat, forms, angels, trees, yellow, hydrogen, container, roses, goddesses, sensations, iron, black, realms, fish, deer, ascending, musk, sounds, green, feelings, valley, invisible, sorrow, repeating, spill, move, vehicles, matter, external, gases, carbon, lamp, neutron, molecules, blood, salt, violence, dancing, points, zenith, butterflies, ants, steps, freedom, heliotrope, hummingbirds, visible, choir,

fountains, ridges, clear, curving, goddesses, arching, glow, paradigms, poems, reptiles, stages, chairs, tension, hard, lists, random, powers, revolving, points, discord, cats, moving, rays, horses, emotions, desires, spectrum, ring, mosques, protons, elephants, canals, good, coral, paths, high, plants, ink, streams, lines, echoes, violin, shimmering, prism, stairway, tone, leaping, virtue, keys, seeds, imprints, dogs, singing, groups, geometry, arrows, order, branching, attracting, minerals, tools, spices, nails, tea, hyena, alternating, chaos, teeth, symmetry, tears, flying, bridges, gamma rays, endings, fish, grasshoppers, rolling, interruption, snails, pines, lean, shock, branching, marks, disorder, horn, appearance, leaves, bridges, antelope, ears, raise, balance, flowing, illusion, titanium, sing, directions, wood, generations, invisible, sight, brimming, fragrances, inertia, meteors, attributes, justice, seagulls, glowing, properties, mercy, levels, electrons, cathedrals, mouth, organic, scales, jungles, quarks, simple, brisk, watermelon, opening, deliver, supernovas, rough, microbes, pollen, bodies, texture, pins, dancing, boxes, triangles, concepts, rings, kingdoms, sparkling, inclines, images, copper, satellites, lilacs, boundaries, soft, regular, instruments, petals, doves, fingers, paintings, reality, positive, imbalance, vice, castles, pressure, sunsets, illumination, cool, zebras, feathers, numbers, depth, glen, desert, leaping, planets, spruce, vines, purpose, magenta, city, nerves, version, inside, mesmerizing, trinkets, rocks, holding, beauty, ships, wishes, lace, brimming, waterfalls, prayers, rule, foam, reason, shine, path, praise, verdict, discrimination, rolling, shells, gardenias, ripen, blush, moonlight, balcony, rule, flute, mica, shimmering, pineapples, lift, eclipse, power, cello, visitor, antelope, limpid, glass, oratory, healing, introduction, truth, light, emeralds, fixate, liquid, palms, opals, carbon, spurious, bridge, surface, whisper, azure, starlight, lemons, perfect, apex, truth, surprise, and so on, endlessly in illusion.

One word veils Oneness Truth.

A word is a single distinct meaningful element used in speech and writing.

A word is a snapshot idea or image.

Words and symbols and pictures spring from the human urge to communicate.

Speech is fundamentally survival oriented and a means of expression and demonstration.

Speech is a channel for *Spirit*.

Language philosophy idealism and law and order are the indicators of civilization.

All languages have evolved over time.

Words and concepts and images captivate and keep us captives in illusion.

That which is Real is beyond words and concepts.

Free of words concepts and images, one abides in the transcendent Bliss of Silence that is Oneness Truth.

Words are our lifeline—we live in and by way of words.

Words automatically divide—life based on words is divided.

Words spin tales.

Words contradict.

Words spur one on.

Words are always relative.

Words condition their user.

Words have a life of their own.

Words unite only superficially.

Words define us and return to us.

Words *fly away* and are ephemeral.

Words we speak affect us, and others.

Words that guide us to Silence free us.

Words are exercised in pun making and semantic jousting.

Words skate on the surface of things or dive deep for *pearls* of truth.

Words were first created and brought forth for the sake of simple communication for survival and alliance and control, but over time took on a life of their own so that we have become not only slaves to words but have lost our Silent Truth to them. We literally live immersed in a limited and limiting world of words.

With the passage of time, words have been used for more and more complex reasoning and conceptualizing in our primal search for knowledge and control, and also used to elaborate and entertain with more and more sophistication.

Pride and arrogance have impinged on words and polluted them, as well as the earth. Granted, words spoken from the heart are sincere and moving, and words achieve wondrous things and great good, but much of the *good* has been tightly entwined with pain and suffering. Words with every step

forward in advancement have stepped on a multitude, and the earth has been plundered and polluted with words.

It is the overall wanting of wisdom compassion and common sense that leaves humanity and civilization still immature. Greed arrogance ignorance and such blind bind and are a bane.

Words have created walls as well as openings. Words have created artifice and an artificial world. Words may try to be natural but rarely are. We live off of words and stake our lives on them. Words have created as much confusion as order, maybe more.

We are stimulated intoxicated hypnotized by words, and so value and esteem them that some equate words with actual experience and most give words precedence over Silence. Yet in essence we are Silence but have forgotten the Truth of Silence in the maze of endless words and sounds. We have come to value the stimulation and excitement of words over the Peace and Oneness of Silence.

There is no Truth in words—words may state facts and truths but can only obscure transcendent Oneness Truth. Words may be pointers, like symbolic signs, but must be relegated to their respective place—ignorance in illusion. The origin of words is the ego mind, while Oneness Truth is ever timeless, ever transcendent.

Words may come unbidden and spill, or spring from inspiration and fly high.

Words may stumble over each other or flow in streams of certainty.

Words may be desire driven or a fountain of love and care.

Words create sustain and destroy lives and the world.

Words are used to share—words are used to inform.

Words can create calm or calamity in an instant.

Words are tools or swords.

Words are messengers.

Words are magical.

Words hypnotize.

Words try.

Words may be directed with skill and wielded with artistry and finesse. Words may be dynamic and move one to laughter or tears, but no matter what words or where they come from or where they go, all words are relative and nothing in themselves and ultimately a zero. Words project only illusion even when they allude to truth.

All words spoken are unreal and a zero. Words are like play toys in illusion. Words are dreams.

Imagine the countless words spoken in just one lifetime and then multiply that endlessly.

That which is Real and True is beyond words.

Pleasure has countless slaves.

Pleasure keeps us satisfied and oblivious of our conditioned limited painful existence in a world that is in perpetual conflict confusion and misery.

Pleasure holds us in a pleased stupor in its familiar embrace.

Pleasure is always relative experience that is subjective.

In pure pleasure we are open and relaxed, and this state is an obscure reflection and a reminder of the natural happiness and Bliss of the One Self.

There are pleasures of every sort that invite and court us. And there is even pleasure in pain that some invite.

Many compromise for the sake of pleasure and thereby become weak and dense, losing heart and faith. And for most pleasure is an addiction.

Pleasure is a form of lust that easily morphs into greed.

Pleasure is a magnet that attracts and holds us captive and entrenched in ignorance and illusion.

Pain is the shadow of pleasure.

Pleasure and pain are coexistent opposites, and ever entwined in relativity—life.

Pleasure has countless forms, and pleasure and pain are forever entwined in countless ways.

For many, pleasure is the habitual aim in all things and the goal of life, but with pleasure comes pain.

In pleasure there is pain, but most avoid reflection on this truth, for pleasure is an escape from pain.

Pleasure is a release that in time rebounds as pain.

The ego feeds off both pleasure and pain.

Our heart is open in great pleasure and so we seek pleasure all the more, in spite of the pain that haunts pleasure.

Pleasure is associated with and dependent on objects, and with the loss of a favored object of pleasure comes pain.

Necessity keeps most working hard, often striving or struggling, and pleasure is the aim and the reward for all the effort and pain involved.

Some are attached, even addicted, to pain, as many are to pleasure, since the ego feeds off the energy of pain. Pain, as well as pleasure, is an identity-source and often self-created.

At some point pain wakes us up from the superficiality of pleasure to *things as they really are*, demanding investigation into *the truth of the matter*, even evoking detachment from pleasure.

Pain may call even cry for investigation detachment compassion and renunciation.

Some revere pain as dynamic experience that atones purifies strengthens and liberates.

Pleasure and pain spring from ignorance in illusion, and attachment to pleasure or pain keeps us immersed and lost in illusion.

Pleasure and pain bind and enslave.

Break the spell of pleasure and pain and ever Be the Bliss of transcendent Freedom.

Oneness Freedom ever Is Here in the eternal Now of absolute Silence.

Possessions *possess*.

We are owned by what we own—we are possessed by our possessions.

Possessiveness and possessions are both pleasure and pain.

To possess and to be possessive are dependency and attachment that is controlling.

The urge to possess is a strong force that weakens.

The I-me-mine ego is driven to possess, and as the possessor is possessed by its possessions.

Life as a norm is about security status and satisfaction derived from possessions, whether material objects or people animals achievements and so on.

Possessions for some define self-image and worthiness.

Materialism ambition and insecurity in the form of greed lust envy and so on seek to possess and control.

Possessiveness is a form of violence that violates the spirit of the possessed, and the irony is that those who are possessive are absolutely possessed by delusion.

Possessiveness springs from ignorance of Oneness.

Abandon everything and Be ever Here in the eternal Now of Oneness Freedom.

Maya is the Almighty Creator.

All happens and is predetermined by the One Power and Will of Maya.

Maya—the Power of the One—is the Almighty Creator of all illusion, and the principle of ignorance that makes illusion and the false seem real and true.

Maya is the Creator of a zero.

Maya is the Almighty Creator of the infinitude that is the cosmos and everything and all that seems to be or exist.

Maya's illusory Creation is the Dream of Maya we are dreaming.

The emergence and dissolution of the Creation is Maya's Dream that is the play of ignorance in illusion.

Maya via the ego mind is the Creator and Projector of the infinitude.

The ego mind is the projector of Maya's Creation—the illusory infinitude—onto the limitless Screen of Consciousness.

Maya mind is the Creator and Projector of all illusion delusion ignorance imagination and falsity.

Maya is the origin of the ego mind and its projecting and veiling power. Maya and the ego mind are coordinate and conjunct as one. When Maya appears, the ego mind and everything and all that seems to be or exist also appears, and when the ego mind disappears, Maya and everything and all that seems to be or exist vanishes along with it—Maya and the ego mind rise and fall as one.

Another name for the ego mind is Maya.

Maya's limitless Imagination is the illusory infinitude that is but a dream.

Maya's illusory infinitude is the play of diversity in duality as differentiation and division in the form of conceptual opposites that define each other and are ever relative in dynamic coexistence. Some of the major *players* are: reality-illusion infinite-finite subject-object knowledge-ignorance positive-negative attraction-repulsion and so on.

Maya mind deludes the entire world and is the Veil of illusion that obscures Reality.

Maya mind and the infinitude are the Veil of illusion and Shadow of the One.

It is mind-bending mind-blowing to try to reason or imagine how something so seemingly real as the ego body mind world cosmos is an illusion and nonexistent. Maya is unfathomable.

Our experience of the one totality that is the endless infinitude is infinitesimal.

The epic vast grandeur and intricate play of limitless Maya is infinitely beyond our comprehension and imagination.

Maya is the Master Illusionist and the *Magic Show* and the *Cosmic Joke* of the One.

Maya is the ultimate illusive Magician conjuring tricks and illusions that seem so real.

Maya has all hypnotized and under Its spell—Maya has all fixated in fascination.

Maya is the one absolute marvel and mystery.

Maya is a vast opulent prodigious display of infinite variation.

Maya's play toys are everything and all that seems to be or exist.

Maya brings into existence an endless multiplicity of forms and formulations that are but a zero and nothing.

Maya is a monumental lusty thrust toward Infinity based on forms consuming other forms.

Maya creates endless variations of relationship within the ever expanding and contracting space of separation ever fixated on beginnings and endings.

Maya is relentless change as growth evolution transition modification transformation and metamorphosis.

Maya is ever spinning and spiraling illusion, ever tracing circles and circles within circles, ever projecting spheres and spheres within spheres.

Maya envisioned is a vision that renders one stunned with absolute astonishment bewilderment and awe.

Everything is programmed and predetermined by Maya.

Everything that is conditioned programmed or predetermined is illusion and a zero and nothing.

All happens as one interconnected totality by the One Power and Will of Maya.

Not a single leaf or hand or cloud or particle or mind moves or happens without the One Power and Will of Maya.

Whatever infinitesimal iota or intake of air or beat of the heart or blink of the eye or action or loss or attainment or power—whatever comes to or proceeds from us—is Maya.

There is no volition, no real choice or option, no individual personal power or will—there is only the One Power and Will of Maya.

All that we experience is Maya—all that happens is Maya.

To know everything and all that seems to be or exist is to know Maya.

Everything and all that seems to be or exist can be traced to Maya.

All that appears and disappears is Maya. You and these words you are reading are Maya. Any explanation of Maya is Maya. All that appears to be real but is not is Maya. Maya is the *Grand Illusion* that astounds and confounds yet is but a zero and nothing.

The ego is Maya the mind is Maya the body is Maya the world is Maya the cosmos is Maya both the good and bad are Maya all experience is Maya all we see is Maya all we do is Maya all we are is Maya we are Maya everything is Maya.

When Maya mind is searched for, it is found to be nonexistent.

Thought when searched for is never to be found. In any existential search nothing is to be found but the limitless Silence of absolute Consciousness.

Heaven hell the world the sky above the seeker and devotee all Avatars all angels and demons the cosmic forces stars moons planets galaxies universes hierarchies dimensions particles vibrations all prayers and working hands and seeing eyes all the eons of time and *God above and other* all that is visible and invisible all that happens all sounds and impacts the body and beating heart and breathing entity all inspiration and aspiration all actions and fears all summits and declines all light and darkness all regrets all victories all that seems to be or exist is but a dream mere imagination an illusion and a zero and nothing.

Only for those with absolute Oneness Experience transcendent of the ego mind is it crystal clear what is illusion and false and what is real and true.

Maya and all illusion vanish with the annihilation of the ego mind.

Those who Know everything is the work of illusion, see yet do not see, hear yet do not hear, and are the absolute Bliss of Oneness Perfection.

Oneness Grace Wakes and Liberates all from the illusory Dream of Maya that never was.

Only the One Absolute ever Is Here in the eternal Now of Oneness Perfection.

Religion is defined as: an organized system of beliefs precepts rules ceremonies and rituals used to venerate and worship God or a god or a group of gods; and a belief or faith or interest or activity of paramount importance to an individual or group.

The ego mind creates organizations of every sort, including religions and spiritual movements.

All religions and spiritual movements are based on belief and faith and have a following of one or billions.

The numbers of adherents do not qualify or indicate superiority of one religion or spiritual movement over another, and belief and faith do not necessarily give legitimacy to a religion or spiritual movement.

A religion or spiritual movement is an organized response to an Avatar or a Realized Master or a spiritual adept. Only Manifestations of Oneness Grace transcendent of all ignorance and illusion are the Heart of religions, yet all religions and spiritual movements are in the illusory realm of Maya.

Religions and spiritual movements are organizations with a tier or hierarchy of authority and power, created in veneration and devotion to a revered Perfect personage, whose illumined words and teachings and example are distorted to some degree by the ego minds of the followers and faithful.

All religions ideally are aligned with and devoted to the Light and Truth and Love exemplified by a Perfect personage, demonstrated as praise worship observance service and so on.

All religions are potential vehicles of and pathways to Oneness Truth.

The Heart of every religion is mystical and transcendental, but few venture to go to the Heart of their religion. The sacred Heart of a religion is a gift from Oneness Grace.

The One is the One Light in all religions, for those who See and Know.

Many of the precepts of all religions are shared and universal and have kept the world somewhat *in-line*.

The limitless One Power of Grace sustains all religions for those who seek or worship or love Truth.

From time to time a spiritual being will purify or rejuvenate a religion or spiritual movement, but since all organized religions and spiritual movements are from the start in the sphere of the ego mind and time, this is never enduring.

No Perfect personage has ever transformed the world, nor attempted to do so. All Perfect personages are here as Manifestations of Grace and Oneness Truth for those who long for Oneness and Freedom, and to give an overall push to the world toward Oneness Truth.

The world is ever changing on the surface but deeply entrenched in its worldliness. There is always an incline that eventually declines and a dark age that follows a golden age. The world is ever spinning spiraling circles and cycles in illusion and is a zero and nothing.

The language and concepts and context of religions originating far in the past can easily be misinterpreted and misunderstood. The subtle meaning of words changes with time, and this fact must be taken into consideration for the sake of accurate comprehension and translation. But it is from the Heart that one must listen to any sacred scripture or exposition of truth. A life based on words is divided, while Oneness Truth alone is in Silence.

Because of the differing cultural context of each religion there is no religion that is universal, but there are individuals and spiritual movements that embrace Oneness Truth in all religions. The simple Truth of Oneness transcendent of the ego mind alone is universal. All religious organizations and spiritual movements are influenced by *the times* in which they originate and throughout the *changing times* and are thereby flawed; but the Power of Oneness Truth embodied by the Perfect personage is the central Light of a

religion or spiritual movement and inestimable, and *faith works miracles* and evokes the blessings of Grace.

Oneness Truth alone is universal and not the property of any specific entity.

Oneness Truth is transcendent of all religions and spiritual movements.

Oneness Truth belongs to no specific religion nation race gender and so on.

Oneness Truth is beyond the reach of the senses ego mind and world.

Oneness Truth is direct Experience in absolute Silence.

All religions and spiritual movements vanish in the Silence of Oneness Truth.

It is differentiation and discrimination combined with intolerance that creates conflict and activates fanaticism and violent religious crusades and terrorism. Ignorance and arrogance move many to vehemence, even hatred, antithetical to their religious or spiritual precepts and laws. It is the assumption of superiority along with the urge to control others and the world that flies banners and drives opposition missions and terrorism, that in turn attracts resentment revenge and retribution—all action and reaction in the sphere of the imperious ego.

Hypocrisy is rampant everywhere, especially in religion. And there is current and past religious persecution and condemnation in the world, and also current lawful harsh punishment and even execution by Islamic Sharia law.

Religion is often closely connected and even entwined with government politics power and money—many religions have been heavily touched by worldliness and cruelty, and in the case of the Christian Vatican papacy, evil.

Longing for release and freedom from suffering is common and sometimes powerful. Many are drawn and resort to religion for succor faith empowerment fulfillment or salvation. Some are simply drawn to the precepts beauty peace or truth a religion offers. Many are born into a religion and from an early age are conditioned to believe that they are Buddhist Christian Muslim and so on, and their religion is their life-long identity and faith.

There is the single-minded belief that a specific religion or spiritual movement alone is real and true and must be spread for the good of all and the world. There are individuals and also religious organizations and spiritual movements with a mission in the world. And there are those who disseminate truth by way of a religion or spiritual movement, so to enter the hearts of the seekers and faithful. There are various configurations of religious and spiritual belief and faith throughout the world—religions and spiritual movements are a dynamic facet of the endless diversity and variation of the infinitude. And there are as many paths and ways to Oneness Truth as there are beings—each path or way uniquely suited to each.

Religions and spiritual movements are the ground of Grace that is the eternal Nature and Manifestation of the One.

All religions and spiritual movements dissolve in the absolute Silence of the limitless One Who is ever Here in the eternal Now.

Music is the universal language.

Music is defined as: the science or art of ordering tones or sounds in succession, in combination, and in temporal relationships to produce a composition having unity and continuity; and vocal or instrumental or mechanical sounds having rhythm melody or harmony.

Music is an art form and cultural activity whose medium is sound organized in time.

Music is the natural spontaneous expression of *Spirit* in the cosmos and human heart.

Music of the cosmos is universal harmonic sound as tonal vibrations and frequencies.

Music is rhythm and a play of sounds that stimulates and moves the heart body mind.

Music is a fundamental function of the cosmos and an expression of life and living.

Music and sound and vibration are the basis of life in the world and cosmos.

Music is the heart of life and an important part of the daily life of most.

Music is a dynamic outpouring of life and love that is loved by all.

Music moves one to joy, even ecstatic transcendence.

Music stirs and enlivens and exalts and unites.

Music attracts and is a confirmation of life.

Music intoxicates.

Music moves one to hum sing clap and dance.

Music moves one to follow it in absorption, even trance.

Music uplifts and rejuvenates and heals and inspires and enlightens.

Music is expression from the heart that alone *speaks* to and stirs the heart.

Music evokes and conveys impressions sensations feelings emotions images and ideas.

Music and singing and dancing are natural to all—all are drawn to and moved by music.

Music is an important element of all cultures and the world and society at large and is spontaneous traditional ceremonial or an art form and so on, enjoyed in private or at organized events and public places and so on, while reclining walking running driving and so on—there is music to be heard and listened to everywhere in the world at any given moment. Music and sound are integral to human life.

Silence is the eternal transcendental *Music* of Reality.

Silence is the soundless *Sound* of Infinity and the One Source of the endless harmonic frequencies that comprise the music of the cosmos, and the endless sounds that comprise nature and the world, and the endless music that springs from the human spirit.

Sound and music exist against the backdrop of Silence that is the underlying One Reality.

Absolute Experience of transcendent Silence is Oneness Perfection that infinitely surpasses the wonder of music. In Truth there is no comparison between Silence and music, for music is but an illusion and Silence is the One Reality.

Everything dissolves in the absolute Silence of the One.

In the absolute stillness of transcendent Silence all is Oneness Bliss.

Worry springs from fear in duality.

Worry may be caring but is a contraction in fear that is reactionary and negative, that transmits negativity and fear.

It serves well to separate worry from care. Caring springs from the heart and can stand on its own without worry or the attempt to control.

Never worry, but act as care and compassion.

Worry springs from negativity and is based on desire and attachment that keeps one contracted and controlling.

Worry is antithetical to reason trust and faith.

Worry is enervating and a drain.

Worry is a habit, even addiction.

Worry is a dark cloud that clouds life.

Worry obstructs the flow and fluidity of life.

Worry paralyzes and keeps us focused and fixed in a position that is frozen in time.

Worry limits resourcefulness and disrupts balance and stability.

Worry is not a help or service to those worried over or to the worrier.

Worry is a superstitious focus hoped will bring a fortunate outcome.

Worry may infiltrate the personality and exist as a continuous presence in life.

Worry springs from ignorance in illusion and is one of Maya's prime tools, along with hope desire and attachment.

All is illusion and a zero. Why worry? Be Free. Be Peace. Here and Now.

Compassion is our natural state.

Compassion is deep sympathy in the form of empathy and heartfelt care for those in pain and hardship, and the natural urge to alleviate it.

Compassion is not pity, which is a superficial sentiment.

Compassion is willing to sacrifice and even suffer for another.

Compassion is aligned with Oneness Love and Peace.

The pure are always compassionate and nonviolent.

Compassion is innate and universal, though obscured by ignorance in some.

Compassion is the finest quality of humankind.

Compassion is consciously resorted to rather than anger or negativity.

One responds with compassion rather than anger, knowing all to be blameless and innocent in their ignorance and deserving of respect and care.

Compassion for all life and the world springs from the eternal One Heart.

Courage and bravery coexist with integrity.

Courage and bravery are essentially selfless and based on the inclination to serve and care and even love.

Courage and bravery aligned with the One Light of Truth are a light in the world.

Acts of courage and bravery are highly respected and revered and admired by all.

Courage and bravery overcome and transmute fear and weakness.

Courage and bravery are *Spirit* defying death and the limits of the body and mind.

Courage and bravery at times are transcendent, rising above and superseding those forces that limit and oppose.

Courage and bravery are strong and noble in spirit and action, and especially so when humble.

It is humility when the ego does not assert itself as the proud owner of courage and bravery and project itself as superior for self-glory.

Courage and bravery are often aligned with compassion and mercy.

Courage and bravery take various forms, such as sacrifice and dedication in action.

Courage *braves the world* and is honest and forthcoming.

Some are naturally courageous and brave, and this strength will naturally assert itself no matter what and where. Whatever sphere the courageous and brave work and live in this quality will automatically spring forth.

Courage and bravery are a gift and blessing and in conjunction with humility can easily lead to Realization and Liberation by the Grace of the One.

The supreme act of courage and bravery is to turn from the world and abandon the ego mind and fully surrender to/as Oneness in absolute Freedom Here Now.



In the play of life in illusion, **humor** and **laughter** are invaluable and healing and treasured by all. Humor and laughter bring instantaneous release and balance and expansive lightness and spontaneous delight. Humor and laughter free one for a time from the heaviness and burden of the ego mind and the nonsense and absurdities of life in the world, as does a **happy baby** in its purity innocence openness spontaneity and joy. A baby is pure Being and in a state of Oneness and wonder. The heart is ever in awe and delighted by all fresh tender new life. A baby melts the heart, no matter how tough and hardened.

The void is a mental space devoid of objects and time.

The void is an empty mental space that is the abstract form of formless zero and but an illusion.

The void vibrates and thus is objective, albeit very subtle.

The void is akin to a blank mind or mental absence but is not the still mind that is the absolute Silence of Oneness.

It is the ego mind that creates and projects phenomena and finds a void when there are no objects of perception, but this void is an abstract mental space that is minimal experience.

Consciousness is the One Witness Seer of the void.

The void floats in Consciousness and is an illusory superimposition on Consciousness.

The void appears and disappears in Consciousness and is an obscure reflection of the Emptiness of Oneness.

The One Light of Consciousness illuminates all experience and the void.

The world subsides in the void and the void dissolves in Consciousness—Consciousness alone ever Is.

Consciousness exposes and makes experience and the void evident and possible.

Consciousness is the absolute Bliss of Oneness Perfection, while the void is an empty mental space that is but an illusion and a zero and nothing.

Consciousness is Oneness transcendent of the void and all paradox.

First one sees the One as objects, and then one sees the One as a void, and lastly one Sees and Knows the One as the Self.

The void is an absence and an illusion and a zero and nothing, while Oneness Consciousness ever Is Here in the eternal Now of absolute Silence.



The Ultimate Truth is transcendent Silence Here in the eternal Now of Oneness.

We Awaken in Oneness Silence from the dream of multifarious words and thoughts.

The Ultimate Truth is transcendent of form and all contraction and expansion.

We Awaken in Oneness Silence from the dream of I and you and it.

The Ultimate Truth is transcendent of space and time and all dimensions.

We Awaken in Oneness Silence from the dream of separation and fragmentation and suffering.

The Ultimate Truth is transcendent of impressions and all inclinations and paradox.

We Awaken in Oneness Silence from the dream of relativity and conditions and limits.

The Ultimate Truth is transcendent of all opposites and coexistences and shadows.

We Awaken in Oneness Silence from the dream of duality and desire and fear.

The Ultimate Truth is transcendent of attraction and repulsion and all clinging.

We Awaken in Oneness Silence from the dream of motion and emotion and strain.

The Ultimate Truth is transcendent of everything and all that seems to be or exist.

We Awaken in Oneness Silence from the Dream of Maya.

Oneness alone ever Is Here in the eternal Now of absolute Bliss.

Oneness alone ever Is Here in the eternal Now of transcendent Peace.

Oneness alone ever Is Here in the eternal Now of Oneness Love.

Oneness alone ever Is Here in the eternal Now of limitless Freedom.

The One Absolute is the eternal Reality that is the infinite One Self.

The One Absolute is the One Light of limitless Consciousness.

The One Absolute is ever Here Now in absolute Silence.

The One Absolute alone ever Is.

I alone AM ever Here in the eternal Now of Oneness.

